

Breastfeeding Beliefs, Attitudes, and Practices in the Texas WIC Population

Findings from the 2007 WIC Infant Feeding Practices Survey





INTRODUCTION AND TECHNICAL NOTES



In Chapter 165 of the Health and Safety Code, the Texas Legislature recognizes that breastfeeding is the “best method of infant nutrition.” This affirmation supports similar positions of the American Academy of Pediatrics and American College of Obstetrics and Gynecology as well as a large body of research findings. The Texas Department of State Health Services (DSHS) is committed to supporting a woman’s choice to breastfeed. DSHS has implemented, and continues to support programs that encourage breastfeeding friendly workplaces and a woman’s right to breastfeed in public. These programs are in addition to the breastfeeding promotion efforts of the Nutrition Services Section.

In their efforts to promote breastfeeding, the Nutrition Services Section, Division of Family and Community Health Services, regularly conducts a survey of breastfeeding beliefs, attitudes, and practices among women receiving WIC services. The purpose of this survey is to provide data to local WIC agencies to aid in planning and activity development. These data may also provide valuable information to advocates, legislators, policy makers, and others interested in supporting breastfeeding.

Questionnaire and Sample

The questionnaire, which included 30 questions and was 8 pages in length, only allowed multiple choice (close ended) responses. A total of 6,455 surveys were completed in 74 local WIC agencies (94% of all WIC agencies) with 23 local WIC agencies (31% of all WIC agencies participating in the survey) submitting 100 surveys or more. The questionnaire also served as a screener to identify and select the study population. Respondents who were not the biological mothers of the children receiving services or who did not receive WIC services during their pregnancy were eliminated from the survey. Therefore, the study population consisted of birth mothers of children presenting at a WIC clinic for services, who also received WIC services during their pregnancy. Skip patterns in the survey further limited responses. Questions and subsequent skip patterns are detailed on the following page. While the questionnaire included skip patterns, respondents did not always adhere to instructions. Following data entry, all questions that were mistakenly answered were recoded as an appropriate skip.

Questions pertaining to complementary food items, reasons for never breastfeeding and breastfeed cessation, the hospital experience, individuals who encouraged breastfeeding, individuals who helped decide on infant feeding method, and beliefs about breastfeeding allowed multiple responses and were not mutually exclusive. Responses to these questions are independent and cannot be summed. Respondents were asked to indicate with a check those events or reasons that were applicable to them. Blank responses were coded as not applicable to the respondent. The table below shows the categories of questions presented in this report by breastfeeding status.

Survey Questions	Survey population subgroups	
	Ever Breastfed	Never Breastfed
Respondent Demographics	X	X
Breastfeeding duration	X	
Introduction of complementary foods	X	
Exclusive breastfeeding	X	
Hospital infant feeding Experiences	X	X
Reasons for never breastfeeding		X
Reasons for discontinuing breastfeeding	X	
Who encouraged breastfeeding?	X	X
Who helped decide on infant feeding method?	X	X
Beliefs regarding breastfeeding	X	X
Attitudes regarding Breastfeeding	X	X

Analysis

After eliminating non-biological mothers and women who did not receive WIC services while pregnant, the final sample size was 5,543. The sample is primarily Hispanic between the ages of 18 and 29.

This document contains data analyses at a state, regional, and local level. Each level of analyses is presented with a different corresponding color – state is blue, regional is green, and local is lavender. Data from all Health Services Regions are presented to allow for regional comparisons. Local WIC agencies submitting 90 surveys or more were analyzed individually. In addition, agencies submitting at least 100 surveys in 2006, regardless of whether they met the 90 survey threshold in 2007, were included so that comparisons could be made across two time points. Agencies satisfying these criteria include:

- Local Agency #1 – City of Austin/Travis County WIC Program
- Local Agency #3 – Cameron County WIC Program
- Local Agency #7 – City of Dallas Department of Environmental Health
- Local Agency #10 – Grayson County Health Department
- Local Agency #11 – Galveston County Health District
- Local Agency #12 – Hidalgo County WIC Program

- Local Agency #13 – City of Laredo WIC Program
- Local Agency #17 – UT Health Science Center/Houston
- Local Agency #19 – Vida Y Salud-Health Systems, Inc.
- Local Agency #20 – Regence Health Network
- Local Agency #21 – Wichita Falls-Wichita County Public Health District
- Local Agency #22 – Waco-McLennan County Public Health District
- Local Agency #26 – Houston Health and Human Services Department
- Local Agency #31 – Bell County Public Health District
- Local Agency #33 – El-Paso City-County Health Department
- Local Agency #35– Denton County WIC Program
- Local Agency #36 – City of San Marcos
- Local Agency #37 – Victoria City-County Health Department
- Local Agency #38 – Corpus Christi-Nueces County Public Health District
- Local Agency #39 – Northeast Texas Public Health District
- Local Agency #40 – Beaumont Public Health Department
- Local Agency #41 – San Antonio Metropolitan Health District
- Local Agency #42 – Williamson County & Cities Health District
- Local Agency #44 – City of Del Rio
- Local Agency #46– Brazoria County WIC Program
- Local Agency #48 – Harris County Public Health & Environmental Services
- Local Agency #54 – Tarrant County Health Department
- Local Agency #59 – Barrio Comprehensive Family Health Care Center, Inc.
- Local Agency #69 – Community Council of South Central Texas, Inc.
- Local Agency #76 – North Texas Home Health Services, Inc.
- Local Agency #77 – UTMB Regional WIC Program at Galveston
- Local Agency #83 – Health Service Region 9/10
- Local Agency #84 – Health Service Region 6/5S
- Local Agency #87 – Health Service Region 4/5N
- Local Agency #89– CHRISTUS Santa Rosa WIC Program
- Local Agency #94 – Texas Tech University Health Sciences Center/Odessa
- Local Agency #100 – City of Amarillo
- Local Agency #108 – Longview Wellness Center WIC Program

When interpreting the results among local agencies, it is important to consider the number of responses submitted for the agency. While the proportions reported for some agencies may be large, this proportion may represent a relative small number of responses. Proportions reported for agencies with a small number of responses are less reliable than proportions reported for agencies with a larger number of respondents.

Contact Information

Questions about this report or requests for copies of the survey instrument should be directed to either Tracy Erickson (Tracy.Erickson@dshs.state.tx.us) in the Nutrition Services Section or Brian Castrucci (Brian.Castrucci@dshs.state.tx.us), both of the Division of Family and Community Health Services.



KEY FINDINGS AT THE STATE AND REGIONAL LEVEL



STATE

- Demographics
 - The majority of the client population is Hispanic women and are between the ages of 18 to 29 years.
- Breastfeeding Duration
 - 4.0% of all women breastfeed exclusively for more than 6 months. 15.8% breastfed exclusively for more than 3 months 15.8%.
 - 31.2% reported that they never breastfed.
- Introduction of Complimentary Foods
 - Formula was the most common complementary food introduced before 4 to 6 months (57.0%).
 - Sugar water was introduced during this timeframe in less than 10% of the respondents.
- Breastfeeding Experiences in Hospital
 - 87.7% of WIC women reported that the hospital staff gave them a gift pack that included formula.
 - 42.4% breastfed their baby within the first hour that the child was born.
- Reasons for Never Breastfeeding
 - A commonly cited reason for never breastfeeding was "I did not want to breastfeed" with 61.2% of the women reporting this as a reason.
 - Other common reasons were "Baby didn't want to" and "I did not think I would be able to."
- Reasons for Discontinuing Breastfeeding
 - A commonly cited reason for discontinuing breastfeeding was "I did not think by baby was getting enough milk" at 46.4%
 - "I was not producing enough milk" and "Going back to work or school outside the home" were other commonly cited reasons.
- People Who Encouraged or Who Helped Decide to Breastfeed
 - 88.4% of respondent reported that a WIC counselor or staff encouraged them to breastfeed. Other important people include the baby's doctor and a nurse.
 - Few women report being encouraged to breastfeed by a midwife or clergy.
- Knowledge and Awareness of about Laws Governing Protecting a Woman's Right to Breastfeed.
 - Almost as many women know about the Texas law that gives

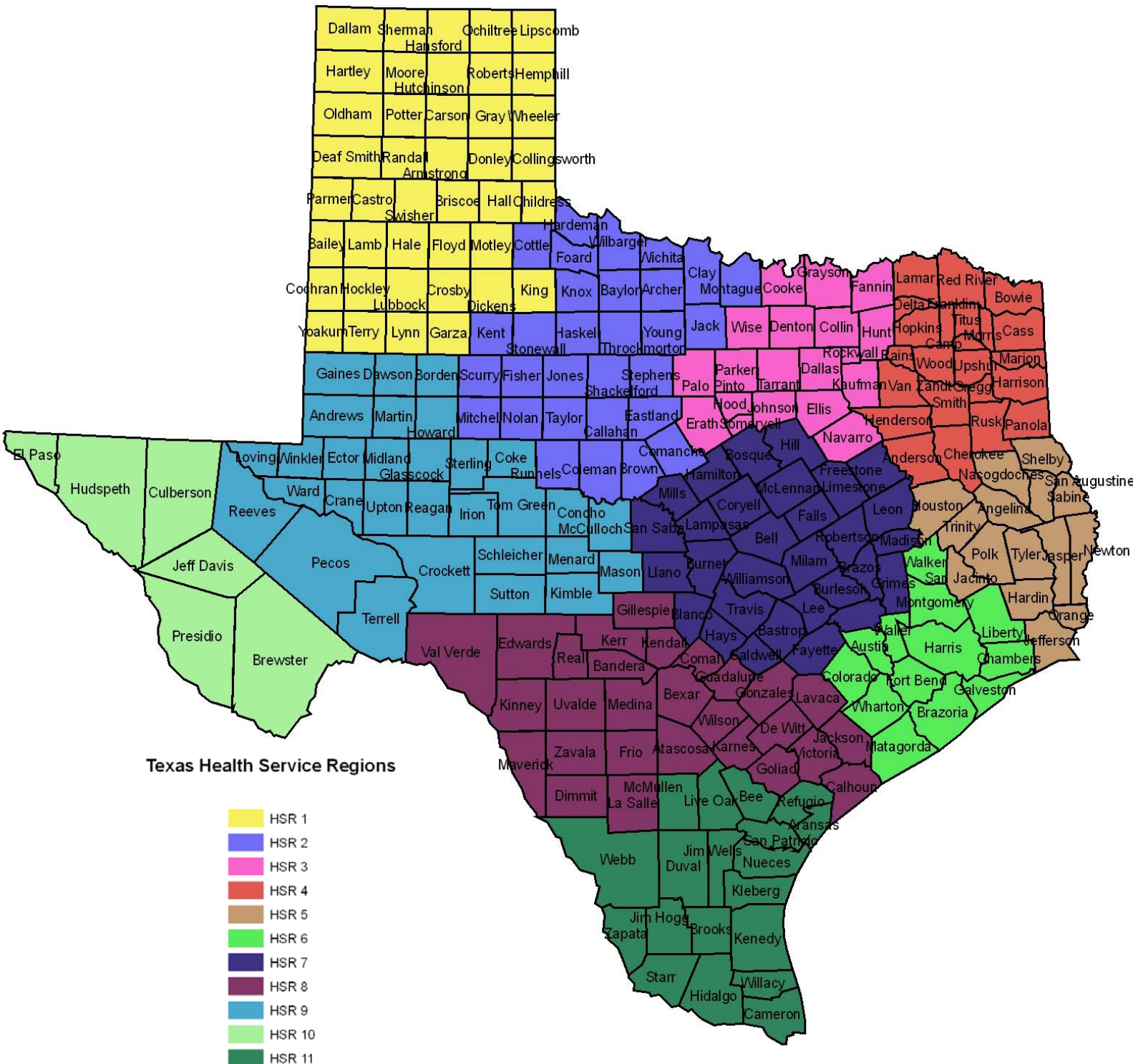
women the right of breastfeed in public 49.1% as report that they don't know (48.4%).

REGIONS

- Breastfeeding Duration
 - HSR 3 faired best in terms of never breastfeeding. Only 19.8% of women said they never breastfed.
 - HSR 4 faired best in terms of long term breastfeeding with over 4.0% of clients responding they breastfed for more than 6 months.
- Introduction of Complimentary Foods
 - HSR 3 had the highest prevalence of introduction of formula before 4 to 6 months (59.5%). HSR 2 and 9 had the lowest prevalence at 51.6%.
- Breastfeeding in Hospital Experience
 - HSR 5 had the highest prevalence of women who reported that “the hospital staff gave you a gift pack that included formula” at 92.7%.
 - HSR 3 had the faired best in terms of women who reported that they breastfed their baby within the first hour after the baby was born (50.0%)
- Reasons for Never Breastfeeding
 - 69.9% of women in HSR 4 reported that they “did not want to breastfeed” as a reason why they never breastfed.
 - HSR 10 had the lowest prevalence of women citing this reason at 53.3%.
- Reasons for Discontinuing Breastfeeding
 - A highly cited reason for discontinuing breastfeeding among WIC women was “I did not think my baby was getting enough milk.
 - Another commonly cited reason was “...going back to school or work outside the home.” HSR 1 had 33.1% of women cite this as a reason for discontinuing breastfeeding.
- People who Encouraged and Helped Decide to Breastfeed
 - 91.4% of women in HSR 7 reported that a WIC counselor or staff encouraged them to breastfeed.
 - Other important people included mothers and husband/partner
- Knowledge and Awareness of About Laws Governing Protecting a Woman's Right to Breastfeed.
 - HSR 5 had the highest prevalence of women were aware of the Texas law that gives the right to breastfeed in public at 57.1%.
 - The range was a high of 57.1% in HSR 5 and 38.5% in HSR 1.



CLINICS SUBMITTING ONE OR MORE SURVEYS BY HEALTH SERVICE REGION



HSR 1		HSR 2		HSR 3		HSR 4		HSR 5	
LA #20		LA#21		LA#7		LA#39		LA#30	
LA#27		LA#34		LA#10		LA#61		LA#40	
LA#76		LA#45		LA#35		LA#62		LA#58	
LA#100		LA#74		LA#54		LA#65		LA#63	
				LA#67		LA#87			
				LA#71		LA#102			
				LA#90					
HSR 6			HSR 7			HSR 8			
LA#11		LA#46	LA#1		LA#42	LA#19		LA#53	
LA#15		LA#48	LA#22		LA#105	LA#24		LA#59	
LA#17		LA#60	LA#31		LA#106	LA#37		LA#64	
LA#26		LA#70	LA#32		LA#107	LA#41		LA#69	
LA#29		LA#84	LA#36		LA#108	LA#43		LA#73	
					LA#109	LA#44		LA#89	
						LA#49		LA#95	
HSR 9			HSR 10			HSR 11			
LA#56			LA#10			LA#3		LA#13	
LA#83			LA#28			LA#4		LA#38	
LA#94			LA#33			LA#5		LA#51	
						LA#12		LA#88	



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY STATEWIDE



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	4.8	White	21.3	Less than high school diploma	32.1
18-24	45.9	African American	10.4	High school diploma/GED	34.9
25-29	26.7	Hispanic	66.6	Vocational/technical school graduate	6.3
30-34	15.1	Other	1.7	Some college	21.1
35-39	5.8			College degree (BA, AA)	4.8
40 and older	1.7			Beyond college/Graduate school	0.8

BREASTFEEDING DURATION

Duration	%
Never	31.2
Less than 1 week	8.3
1-2 weeks	7.2
3-4 weeks	8.0
1-3 months	13.3
4-6 months	10.1
7-11 months	6.4
12 months or more	4.6
Still breastfeeding	10.8

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	9.1
Soy milk	4.3
Formula	57.0
Juice	16.4
Tea	10.2
Sugar water	9.6
Cereal	22.9
Other foods	16.1

Note: The complementary food items listed above are mutually exclusive.

CURRENT BREASTFEEDING BY PREVIOUS BREASTFEEDING

Was this child ever breastfed or fed pumped breast milk? (%)		
	Yes	No
Previously breastfed	80.5	39.2
Did not previously breastfeed	19.5	60.1
Total	100.0	100.0

Note: The results shown are row percents. For example, the first cell should be read as, "87% of respondents who previously breastfed, also breastfed the index child."

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for more than 6 months 4.0%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for more than 3 months 15.8%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

BREASTFEEDING EXPERIENCES IN HOSPITALS

Experience	%
The hospital staff gave you information about breastfeeding	85.0
Your baby stayed in the same room as you	78.5
You breastfed your baby in the hospital	65.6
You breastfed your baby in the first hour after your baby was born	42.4
The hospital staff helped you learn how to breastfeed	59.0
Your baby had only breast milk at the hospital	24.2
The hospital staff told you to breastfeed whenever your baby wanted	53.5
The hospital staff gave you a gift pack that included formula	87.7
The hospital staff gave you a telephone number to call for help when breastfeeding	59.0
Your baby used a pacifier in the hospital	60.6
Your baby got sugar water (glucose water)	15.8

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	22.6	Baby seemed ready to stop	29.2
Had to go back to work or school	39.3	Going back to work or school	30.3
My husband/partner did not want me to	7.8	My husband/partner wanted me to stop	1.9
I was sick or taking medication	18.6	I got sick or started taking medication	14.1
I could not drink alcohol	1.9	I could not drink alcohol	1.7
I could not smoke cigarettes	6.0	I could not smoke cigarettes	2.3
I did not think my baby would get enough milk	20.9	I did not think my baby was getting enough milk	46.4
My friends did not want me to	1.5	My friends wanted me to stop	0.8
My family did not want me to	3.1	My family wanted me to stop	1.4
No one could answer my questions about breastfeeding	4.0	No one could answer my questions about breastfeeding	2.4
My baby was too sick	2.7	My baby got sick	4.6
I was not producing enough milk	17.6	I was not producing enough milk	44.3
I did not have a private place to breastfeed	4.9	I did not have a private place to breastfeed	4.3
I wanted to go on a diet to lose weight	8.8	I wanted to go on a diet to lose weight	5.0
I had too many other things to do	15.7	I had too many other things to do	11.4
I did not want to breastfeed	61.2	I breastfed long enough for my baby to get the benefits	31.3
People told me it was really hard	15.7	I was afraid my baby would bit or hurt me	12.4
I did not think I would be able to	22.3	Breastfeeding was tiring for me	12.1
		Breastfeeding gave me sore nipples/breasts	27.3
		Breastfeeding made me feel sad or unhappy	3.9
		I could not tell how much my baby ate	31.5
		I felt embarrassed breastfeeding in front of others	9.6
		Breastfeeding was strange once my baby got older	5.4
		My husband/partner wanted to feed the baby	11.7
		My baby wanted to breastfeed all the time	13.2
		I wanted/needed someone else to feed the baby	9.3
		I got pregnant again	5.5
		Baby wasn't gaining enough weight	9.9

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE TO BREASTFEED

Person	%	Person	%
Mother	63.4	Mother	41.2
Sister(s)	38.9	Sister	20.9
Husband/partner	58.4	Husband/partner	48.0
Doctor	72.3	Doctor	45.3
Baby's doctor (pediatrician)	69.3	Baby's doctor (pediatrician)	47.6
Grandmother	35.2	Grandmother	18.2
Nurse	66.8	Nurse	38.4
Midwife	12.1	Midwife	7.4
Friend(s)	47.2	Friend	21.6
Another female relative	53.9	Another female relative	26.0
WIC counselor or staff	88.4	WIC counselor or staff	53.2
Non-WIC lactation consultant (specialist)	36.8		
La Leche League counselor	11.0		
Anyone with church (reverend, pastor, priest, rabbi)	12.6		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	90.3	2.2	7.4
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	70.7	5.3	24.0
Infants who are breastfed or receive pumped breast milk do not get sick as often	76.5	4.7	18.9
Breastfeeding has benefits for mothers	76.4	2.7	20.9
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	62.2	4.8	33.0

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	49.1	2.5	48.4
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	60.0	33.1	6.9
In the long run, formula fed babies are just as healthy as breastfed babies	57.0	23.1	19.9
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	75.2	15.5	9.3
It is okay for women to breastfeed in public places like restaurants, parks, etc.	67.9	22.2	9.9
Breastfeeding allows you to control your time more than formula feeding	46.0	31.5	22.5
People in your community think it is important for women to breastfeed	51.4	42.1	6.5
Your family thinks mothers should breastfeed	61.4	28.1	10.5
Newly developed formulas are just as good for infants as breast milk	46.8	32.0	21.3
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	59.4	20.1	20.6
Women who breastfeed have saggy breasts	26.3	45.8	27.9
It is okay for women to breastfeed if there are men in the room	41.7	34.9	23.4
It is okay for women to breastfeed if other women are in the room	74.8	19.9	5.3
I would encourage my friends to breastfeed	73.5	23.3	3.2



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY HEALTH SERVICE REGION #1 (N=316)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	6.4	White	25.5	Less than high school diploma	30.3
18-24	51.8	African American	6.4	High school diploma/GED	40.1
25-29	26.6	Hispanic	65.8	Vocational/technical school graduate	5.7
30-34	10.6	Other	2.3	Some college	19.5
35-39	3.9			College degree (BA, AA)	3.4
40+	0.7			Beyond college/Graduate school	1.0

BREASTFEEDING DURATION

Duration	%
Never	35.3
Less than 1 week	5.4
1-2 weeks	4.7
3-4 weeks	9.5
1-3 months	13.2
4-6 months	11.5
7-11 months	4.4
12 months or more	3.1
Still breastfeeding	12.9

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	12.9
Soy milk	4.0
Formula	55.0
Juice	24.4
Tea	15.4
Sugar water	12.5
Cereal	21.4
Other foods	16.5

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 1.2%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 12.4%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

BREASTFEEDING EXPERIENCES IN HOSPITALS

	Experience	%
	The hospital staff gave you information about breastfeeding	82.6
	Your baby stayed in the same room as you	88.1
	You breastfed your baby in the hospital	64.2
	You breastfed your baby in the first hour after your baby was born	46.4
	The hospital staff helped you learn how to breastfeed	52.7
	Your baby had only breast milk at the hospital	28.8
	The hospital staff told you to breastfeed whenever your baby wanted	48.4
	The hospital staff gave you a gift pack that included formula	89.1
	The hospital staff gave you a telephone number to call for help when breastfeeding	60.8
	Your baby used a pacifier in the hospital	61.4
	Your baby got sugar water (glucose water)	27.4

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	16.3	Baby seemed ready to stop	21.5
Had to go back to work or school	34.8	Going back to work or school	33.1
My husband/partner did not want me to	9.3	My husband/partner wanted me to stop	1.6
I was sick or taking medication	12.9	I got sick or started taking medication	14.2
I could not drink alcohol	1.2	I could not drink alcohol	3.2
I could not smoke cigarettes	4.7	I could not smoke cigarettes	1.6
I did not think my baby would get enough milk	17.6	I did not think my baby was getting enough milk	54.8
My friends did not want me to	0.0	My friends wanted me to stop	0.8
My family did not want me to	4.7	My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	0.8
My baby was too sick	0.0	My baby got sick	6.5
I was not producing enough milk	13.5	I was not producing enough milk	44.4
I did not have a private place to breastfeed	3.5	I did not have a private place to breastfeed	0.8
I wanted to go on a diet to lose weight	15.1	I wanted to go on a diet to lose weight	5.6
I had too many other things to do	19.5	I had too many other things to do	15.3
I did not want to breastfeed	63.4	I breastfed long enough for my baby to get the benefits	30.2
People told me it was really hard	19.8	I was afraid my baby would bite or hurt me	15.4
I did not think I would be able to	25.6	Breastfeeding was tiring for me	16.7
		Breastfeeding gave me sore nipples/breasts	35.2
		Breastfeeding made me feel sad or unhappy	4.0
		I could not tell how much my baby ate	42.1
		I felt embarrassed breastfeeding in front of others	12.8
		Breastfeeding was strange once my baby got older	5.7
		My husband/partner wanted to feed the baby	11.3
		My baby wanted to breastfeed all the time	16.8
		I wanted/needed someone else to feed the baby	7.2
		I got pregnant again	7.8
		Baby wasn't gaining enough weight	4.8

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE TO BREASTFEED

Person	%	Person	%
Mother	55.9	Mother	39.9
Sister(s)	31.7	Sister	16.0
Husband/partner	50.5	Husband/partner	47.3
Doctor	71.0	Doctor	43.3
Baby's doctor (pediatrician)	69.8	Baby's doctor (pediatrician)	43.9
Grandmother	30.6	Grandmother	15.0
Nurse	65.8	Nurse	36.3
Midwife	7.7	Midwife	4.9
Friend(s)	37.9	Friend	17.0
Another female relative	47.4	Another female relative	23.3
WIC counselor or staff	86.2	WIC counselor or staff	50.9
Non-WIC lactation consultant (specialist)	30.8		
La Leche League counselor	8.5		
Anyone with church (reverend, pastor, priest, rabbi)	11.3		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	90.6	2.0	7.4
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	71.1	6.4	22.5
Infants who are breastfed or receive pumped breast milk do not get sick as often	75.4	6.4	22.5
Breastfeeding has benefits for mothers	74.3	2.7	23.0
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	58.7	5.0	36.2

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	38.5	3.0	58.4
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	53.8	39.3	6.9
In the long run, formula fed babies are just as healthy as breastfed babies	56.8	24.3	18.8
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	72.2	16.8	11.0
It is okay for women to breastfeed in public places like restaurants, parks, etc.	66.2	20.3	13.4
Breastfeeding allows you to control your time more than formula feeding	44.3	31.1	24.6
People in your community think it is important for women to breastfeed	38.8	50.7	10.5
Your family thinks mothers should breastfeed	54.2	30.2	15.6
Newly developed formulas are just as good for infants as breast milk	46.6	28.4	25.0
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	63.3	16.0	20.7
Women who breastfeed have saggy breasts	29.0	46.1	24.9
It is okay for women to breastfeed if there are men in the room	43.7	37.5	18.8
It is okay for women to breastfeed if other women are in the room	74.5	17	8.5
I would encourage my friends to breastfeed	70.3	25.3	4.4



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY HEALTH SERVICE REGION #2 (N=266)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	6.6	White	48.1	Less than high school diploma	21.4
18-24	52.3	African American	9.1	High school diploma/GED	45.5
25-29	23.8	Hispanic	39.4	Vocational/technical school graduate	6.2
30-34	11.7	Other	3.4	Some college	20.6
35-39	2.7			College degree (BA, AA)	4.7
40+	2.7			Beyond college/Graduate school	1.6

BREASTFEEDING DURATION

Duration	%
Never	33.2
Less than 1 week	10.7
1-2 weeks	8.3
3-4 weeks	5.9
1-3 months	17.8
4-6 months	8.3
7-11 months	5.1
12 months or more	2
Still breastfeeding	8.7

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	11.2
Soy milk	4.5
Formula	51.6
Juice	14.4
Tea	8.8
Sugar water	15.7
Cereal	28.0
Other foods	25.2

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 3.1%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 11.8%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

BREASTFEEDING EXPERIENCES IN HOSPITALS

	Experience	%
	The hospital staff gave you information about breastfeeding	87.0
	Your baby stayed in the same room as you	80.1
	You breastfed your baby in the hospital	61.5
	You breastfed your baby in the first hour after your baby was born	42.4
	The hospital staff helped you learn how to breastfeed	52.6
	Your baby had only breast milk at the hospital	25.3
	The hospital staff told you to breastfeed whenever your baby wanted	48.0
	The hospital staff gave you a gift pack that included formula	87.0
	The hospital staff gave you a telephone number to call for help when breastfeeding	59.0
	Your baby used a pacifier in the hospital	69.6
	Your baby got sugar water (glucose water)	25.7

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	25.3	Baby seemed ready to stop	17.1
Had to go back to work or school	41.9	Going back to work or school	29.1
My husband/partner did not want me to	4.3	My husband/partner wanted me to stop	0.0
I was sick or taking medication	22.2	I got sick or started taking medication	14.4
I could not drink alcohol	1.4	I could not drink alcohol	2.4
I could not smoke cigarettes	7.4	I could not smoke cigarettes	3.9
I did not think my baby would get enough milk	20.8	I did not think my baby was getting enough milk	45.1
My friends did not want me to	0.0	My friends wanted me to stop	0.0
My family did not want me to	1.4	My family wanted me to stop	0.8
No one could answer my questions about breastfeeding	4.5	No one could answer my questions about breastfeeding	1.6
My baby was too sick	1.4	My baby got sick	6.2
I was not producing enough milk	12.9	I was not producing enough milk	46.6
I did not have a private place to breastfeed	5.8	I did not have a private place to breastfeed	0.8
I wanted to go on a diet to lose weight	10.0	I wanted to go on a diet to lose weight	2.4
I had too many other things to do	20.0	I had too many other things to do	8.7
I did not want to breastfeed	58.1	I breastfed long enough for my baby to get the benefits	25.8
People told me it was really hard	21.4	I was afraid my baby would bite or hurt me	8.5
I did not think I would be able to	28.6	Breastfeeding was tiring for me	11.6
		Breastfeeding gave me sore nipples/breasts	23.1
		Breastfeeding made me feel sad or unhappy	3.9
		I could not tell how much my baby ate	28.3
		I felt embarrassed breastfeeding in front of others	7.9
		Breastfeeding was strange once my baby got older	5.4
		My husband/partner wanted to feed the baby	8.6
		My baby wanted to breastfeed all the time	7.8
		I wanted/needed someone else to feed the baby	8.7
		I got pregnant again	3.9
		Baby wasn't gaining enough weight	11.5

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE TO BREASTFEED

Person	%	Person	%
Mother	61.8	Mother	32.9
Sister(s)	32.1	Sister	14.2
Husband/partner	54.1	Husband/partner	47.6
Doctor	67.2	Doctor	39.7
Baby's doctor (pediatrician)	66.8	Baby's doctor (pediatrician)	44.1
Grandmother	31.7	Grandmother	14.3
Nurse	66.5	Nurse	31.1
Midwife	6.1	Midwife	5.2
Friend(s)	46.5	Friend	23.0
Another female relative	51.4	Another female relative	23.1
WIC counselor or staff	89.4	WIC counselor or staff	41.6
Non-WIC lactation consultant (specialist)	29.1		
La Leche League counselor	8.4		
Anyone with church (reverend, pastor, priest, rabbi)	12.9		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	92.2	1.9	5.8
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	72.2	5.0	22.8
Infants who are breastfed or receive pumped breast milk do not get sick as often	75.7	5.9	18.4
Breastfeeding has benefits for mothers	82.5	2.7	14.8
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	63.4	4.7	31.9

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	55.0	1.6	43.4
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	58.8	30.8	10.4
In the long run, formula fed babies are just as healthy as breastfed babies	58.6	24.1	17.3
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	77.0	14.7	8.3
It is okay for women to breastfeed in public places like restaurants, parks, etc.	73.2	18.4	8.4
Breastfeeding allows you to control your time more than formula feeding	40.1	38.1	21.8
People in your community think it is important for women to breastfeed	40.3	52.6	7.1
Your family thinks mothers should breastfeed	52.3	33.2	14.5
Newly developed formulas are just as good for infants as breast milk	40.2	36.2	23.6
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	55.9	17.3	26.8
Women who breastfeed have saggy breasts	23.0	46.8	30.2
It is okay for women to breastfeed if there are men in the room	56.0	29.4	14.7
It is okay for women to breastfeed if other women are in the room	77.3	19.6	3.1
I would encourage my friends to breastfeed	72.8	14.0	3.1



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY HEALTH SERVICE REGION #3 (N=578)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	3.1	White	18.2	Less than high school diploma	35.8
18-24	42.2	African American	14.0	High school diploma/GED	32.5
25-29	30.4	Hispanic	65.6	Vocational/technical school graduate	7.7
30-34	16.5	Other	2.2	Some college	17.8
35-39	6.8			College degree (BA, AA)	4.7
40+	1.0			Beyond college/Graduate school	1.5

BREASTFEEDING DURATION

Duration	%
Never	19.8
Less than 1 week	8.5
1-2 weeks	8.5
3-4 weeks	8.7
1-3 months	14.3
4-6 months	10.7
7-11 months	7.7
12 months or more	7.3
Still breastfeeding	14.5

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	8.4
Soy milk	5.0
Formula	59.5
Juice	17.1
Tea	8.2
Sugar water	5.4
Cereal	22.9
Other foods	16.2

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 4.0%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 16.4%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

BREASTFEEDING EXPERIENCES IN HOSPITALS

Experience	%
The hospital staff gave you information about breastfeeding	90.2
Your baby stayed in the same room as you	82.7
You breastfed your baby in the hospital	76.7
You breastfed your baby in the first hour after your baby was born	50.0
The hospital staff helped you learn how to breastfeed	71.0
Your baby had only breast milk at the hospital	31.6
The hospital staff told you to breastfeed whenever your baby wanted	65.9
The hospital staff gave you a gift pack that included formula	90.3
The hospital staff gave you a telephone number to call for help when breastfeeding	63.1
Your baby used a pacifier in the hospital	56.8
Your baby got sugar water (glucose water)	10.4

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	25.6	Baby seemed ready to stop	34.2
Had to go back to work or school	37.2	Going back to work or school	32.4
My husband/partner did not want me to	9.5	My husband/partner wanted me to stop	2.9
I was sick or taking medication	9.5	I got sick or started taking medication	13.1
I could not drink alcohol	2.5	I could not drink alcohol	2.5
I could not smoke cigarettes	5.0	I could not smoke cigarettes	1.8
I did not think my baby would get enough milk	21.7	I did not think my baby was getting enough milk	46.0
My friends did not want me to	2.5	My friends wanted me to stop	1.5
My family did not want me to	2.5	My family wanted me to stop	2.6
No one could answer my questions about breastfeeding	6.3	No one could answer my questions about breastfeeding	3.4
My baby was too sick	2.4	My baby got sick	5.8
I was not producing enough milk	21.8	I was not producing enough milk	44.5
I did not have a private place to breastfeed	2.5	I did not have a private place to breastfeed	8.8
I wanted to go on a diet to lose weight	4.9	I wanted to go on a diet to lose weight	2.2
I had too many other things to do	9.9	I had too many other things to do	12
I did not want to breastfeed	56.0	I breastfed long enough for my baby to get the benefits	33.8
People told me it was really hard	15.7	I was afraid my baby would bite or hurt me	10.6
I did not think I would be able to	14.8	Breastfeeding was tiring for me	9.0
		Breastfeeding gave me sore nipples/breasts	24.6
		Breastfeeding made me feel sad or unhappy	5.8
		I could not tell how much my baby ate	26.7
		I felt embarrassed breastfeeding in front of others	7.6
		Breastfeeding was strange once my baby got older	5.2
		My husband/partner wanted to feed the baby	17.0
		My baby wanted to breastfeed all the time	15.2
		I wanted/needed someone else to feed the baby	9.2
		I got pregnant again	9.0
		Baby wasn't gaining enough weight	16.2

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE TO BREASTFEED

Person	%	Person	%
Mother	71.8	Mother	42.6
Sister(s)	47.3	Sister	26.2
Husband/partner	67.9	Husband/partner	50.1
Doctor	79.7	Doctor	50.4
Baby's doctor (pediatrician)	77.5	Baby's doctor (pediatrician)	52.5
Grandmother	43.3	Grandmother	20.4
Nurse	75.8	Nurse	47.0
Midwife	11.8	Midwife	7.2
Friend(s)	54.5	Friend	25.0
Another female relative	61.1	Another female relative	29.7
WIC counselor or staff	87.8	WIC counselor or staff	56.8
Non-WIC lactation consultant (specialist)	43.4		
La Leche League counselor	13.2		
Anyone with church (reverend, pastor, priest, rabbi)	16.5		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	93.2	1.5	5.3
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	76.6	4.2	19.2
Infants who are breastfed or receive pumped breast milk do not get sick as often	79.1	4.4	16.5
Breastfeeding has benefits for mothers	78.6	3.3	18.1
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	65.8	3.3	30.9

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	53.5	3.3	43.2
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	65.3	29.6	5.0
In the long run, formula fed babies are just as healthy as breastfed babies	55.4	22.8	21.8
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	80.4	11.9	7.7
It is okay for women to breastfeed in public places like restaurants, parks, etc.	71.6	21.2	7.2
Breastfeeding allows you to control your time more than formula feeding	48.7	28.8	22.5
People in your community think it is important for women to breastfeed	60.4	35.8	3.8
Your family thinks mothers should breastfeed	70.4	23.9	5.7
Newly developed formulas are just as good for infants as breast milk	42.4	32.0	25.6
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	63.8	20.4	15.8
Women who breastfeed have saggy breasts	30.8	42.9	26.2
It is okay for women to breastfeed if there are men in the room	45.5	31.5	23.0
It is okay for women to breastfeed if other women are in the room	78.9	17.5	3.6
I would encourage my friends to breastfeed	80.4	17.0	2.6



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY HEALTH SERVICE REGION #4 (N=404)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	5.0	White	48.7	Less than high school diploma	32.6
18-24	53.7	African American	18.1	High school diploma/GED	34.5
25-29	21.6	Hispanic	32.2	Vocational/technical school graduate	2.7
30-34	11.4	Other	1.0	Some college	24.9
35-39	6.6			College degree (BA, AA)	5.2
40+	1.7			Beyond college/Graduate school	32.6

BREASTFEEDING DURATION

Duration	%
Never	36.1
Less than 1 week	8.0
1-2 weeks	5.9
3-4 weeks	7.5
1-3 months	11.5
4-6 months	7.8
7-11 months	8.8
12 months or more	3.7
Still breastfeeding	10.7

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	8.5
Soy milk	4.1
Formula	56.4
Juice	15.4
Tea	9.5
Sugar water	13.6
Cereal	29.5
Other foods	16.6

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 6.4%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 20.5%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

BREASTFEEDING EXPERIENCES IN HOSPITALS

Experience	%
The hospital staff gave you information about breastfeeding	83.1
Your baby stayed in the same room as you	81.3
You breastfed your baby in the hospital	59.6
You breastfed your baby in the first hour after your baby was born	39.2
The hospital staff helped you learn how to breastfeed	54.7
Your baby had only breast milk at the hospital	27.3
The hospital staff told you to breastfeed whenever your baby wanted	49.0
The hospital staff gave you a gift pack that included formula	80.6
The hospital staff gave you a telephone number to call for help when breastfeeding	51.3
Your baby used a pacifier in the hospital	55.5
Your baby got sugar water (glucose water)	19.5

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	18.6	Baby seemed ready to stop	30.8
Had to go back to work or school	41.4	Going back to work or school	26.2
My husband/partner did not want me to	12.1	My husband/partner wanted me to stop	0.0
I was sick or taking medication	25.2	I got sick or started taking medication	18.1
I could not drink alcohol	1.0	I could not drink alcohol	0.6
I could not smoke cigarettes	8.7	I could not smoke cigarettes	3.0
I did not think my baby would get enough milk	23.6	I did not think my baby was getting enough milk	48.5
My friends did not want me to	0	My friends wanted me to stop	0.0
My family did not want me to	2.0x	My family wanted me to stop	0.6
No one could answer my questions about breastfeeding	2.9	No one could answer my questions about breastfeeding	3.8
My baby was too sick	1.0	My baby got sick	2.5
I was not producing enough milk	17.9	I was not producing enough milk	41.0
I did not have a private place to breastfeed	5.8	I did not have a private place to breastfeed	2.5
I wanted to go on a diet to lose weight	10.7	I wanted to go on a diet to lose weight	5.5
I had too many other things to do	15.2	I had too many other things to do	6.2
I did not want to breastfeed	69.9	I breastfed long enough for my baby to get the benefits	28.4
People told me it was really hard	11.4	I was afraid my baby would bite or hurt me	8.4
I did not think I would be able to	24.1	Breastfeeding was tiring for me	13.3
		Breastfeeding gave me sore nipples/breasts	26.8
		Breastfeeding made me feel sad or unhappy	4.3
		I could not tell how much my baby ate	27.4
		I felt embarrassed breastfeeding in front of others	8.0
		Breastfeeding was strange once my baby got older	1.2
		My husband/partner wanted to feed the baby	14.8
		My baby wanted to breastfeed all the time	17.0
		I wanted/needed someone else to feed the baby	6.8
		I got pregnant again	2.5
		Baby wasn't gaining enough weight	12.8

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE TO BREASTFEED

Person	%	Person	%
Mother	56.2	Mother	62.5
Sister(s)	32.9	Sister	79.5
Husband/partner	54.4	Husband/partner	53.7
Doctor	69.0	Doctor	62.1
Baby's doctor (pediatrician)	65.9	Baby's doctor (pediatrician)	42.7
Grandmother	32.2	Grandmother	15.2
Nurse	62.2	Nurse	32.5
Midwife	13.4	Midwife	9.4
Friend(s)	41.5	Friend	16.5
Another female relative	50	Another female relative	22.1
WIC counselor or staff	84.5	WIC counselor or staff	45.6
Non-WIC lactation consultant (specialist)	30.4		
La Leche League counselor	7.1		
Anyone with church (reverend, pastor, priest, rabbi)	12.7		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	90.2	0.8	8.9
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	65.8	6.1	28.1
Infants who are breastfed or receive pumped breast milk do not get sick as often	69.8	5.5	24.7
Breastfeeding has benefits for mothers	72.8	3.1	24.2
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	60.6	4.7	34.7

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	45.4	2.2	52.4
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	54.2	40.2	5.6
In the long run, formula fed babies are just as healthy as breastfed babies	56.9	24	19.1
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	69.9	21.1	9.0
It is okay for women to breastfeed in public places like restaurants, parks, etc.	66.1	24.2	9.7
Breastfeeding allows you to control your time more than formula feeding	42.6	32.5	24.9
People in your community think it is important for women to breastfeed	48.7	45.9	5.3
Your family thinks mothers should breastfeed	56.9	31.5	11.6
Newly developed formulas are just as good for infants as breast milk	40.4	33.8	25.8
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	55.0	24.2	20.8
Women who breastfeed have saggy breasts	25.5	48.5	26.0
It is okay for women to breastfeed if there are men in the room	37.5	39.5	23
It is okay for women to breastfeed if other women are in the room	69.6	24.6	5.8
I would encourage my friends to breastfeed	70.9	24.5	4.7



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY HEALTH SERVICE REGION #5 (N=169)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	3.8	White	29.7	Less than high school diploma	24.5
18-24	49.7	African American	33.3	High school diploma/GED	39.3
25-29	28.7	Hispanic	36.4	Vocational/technical school graduate	6.1
30-34	11.5	Other	0.6	Some college	23.3
35-39	3.8			College degree (BA, AA)	4.9
40+	2.5			Beyond college/Graduate school	1.8

BREASTFEEDING DURATION

Duration	%
Never	38.5
Less than 1 week	9.3
1-2 weeks	7.5
3-4 weeks	9.9
1-3 months	11.8
4-6 months	9.9
7-11 months	7.5
12 months or more	1.9
Still breastfeeding	3.7

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	8.0
Soy milk	6.8
Formula	57.9
Juice	18.5
Tea	6.7
Sugar water	17.8
Cereal	28.4
Other foods	11.6

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 4.3%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 11.8%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

BREASTFEEDING EXPERIENCES IN HOSPITALS

Experience	%
The hospital staff gave you information about breastfeeding	84.6
Your baby stayed in the same room as you	74.5
You breastfed your baby in the hospital	57.1
You breastfed your baby in the first hour after your baby was born	35.7
The hospital staff helped you learn how to breastfeed	51
Your baby had only breast milk at the hospital	15.7
The hospital staff told you to breastfeed whenever your baby wanted	41.9
The hospital staff gave you a gift pack that included formula	92.7
The hospital staff gave you a telephone number to call for help when breastfeeding	56.3
Your baby used a pacifier in the hospital	72.5
Your baby got sugar water (glucose water)	31.9

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	19.2	Baby seemed ready to stop	35.1
Had to go back to work or school	34.0	Going back to work or school	27.8
My husband/partner did not want me to	6.0	My husband/partner wanted me to stop	0
I was sick or taking medication	21.6	I got sick or started taking medication	7.9
I could not drink alcohol	2.0	I could not drink alcohol	1.4
I could not smoke cigarettes	16.0	I could not smoke cigarettes	2.7
I did not think my baby would get enough milk	28.3	I did not think my baby was getting enough milk	49.3
My friends did not want me to	4.0	My friends wanted me to stop	1.4
My family did not want me to	4.0	My family wanted me to stop	1.4
No one could answer my questions about breastfeeding	5.9	No one could answer my questions about breastfeeding	0
My baby was too sick	8.0	My baby got sick	5.3
I was not producing enough milk	11.3	I was not producing enough milk	50.6
I did not have a private place to breastfeed	9.8	I did not have a private place to breastfeed	1.4
I wanted to go on a diet to lose weight	4.0	I wanted to go on a diet to lose weight	1.4
I had too many other things to do	18.9	I had too many other things to do	9.6
I did not want to breastfeed	60.4	I breastfed long enough for my baby to get the benefits	29.7
People told me it was really hard	9.6	I was afraid my baby would bite or hurt me	12.0
I did not think I would be able to	18.9	Breastfeeding was tiring for me	9.5
		Breastfeeding gave me sore nipples/breasts	26.9
		Breastfeeding made me feel sad or unhappy	8.1
		I could not tell how much my baby ate	30.7
		I felt embarrassed breastfeeding in front of others	6.8
		Breastfeeding was strange once my baby got older	5.5
		My husband/partner wanted to feed the baby	9.5
		My baby wanted to breastfeed all the time	9.5
		I wanted/needed someone else to feed the baby	12.3
		I got pregnant again	1.4
		Baby wasn't gaining enough weight	6.8

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE TO BREASTFEED

Person	%	Person	%
Mother	53.4	Mother	39.0
Sister(s)	36.6	Sister	18.2
Husband/partner	50.7	Husband/partner	43.5
Doctor	68.1	Doctor	40.4
Baby's doctor (pediatrician)	62.7	Baby's doctor (pediatrician)	43.7
Grandmother	30.9	Grandmother	18.4
Nurse	60.6	Nurse	31.4
Midwife	13.0	Midwife	5.2
Friend(s)	44.7	Friend	19.1
Another female relative	53.3	Another female relative	26.0
WIC counselor or staff	85.5	WIC counselor or staff	49.4
Non-WIC lactation consultant (specialist)	37.7		
La Leche League counselor	8.9		
Anyone with church (reverend, pastor, priest, rabbi)	15.9		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	86.7	3.8	9.5
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	76.3	2.6	21.2
Infants who are breastfed or receive pumped breast milk do not get sick as often	74	3.2	22.7
Breastfeeding has benefits for mothers	82.6	1.3	16.1
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	63.9	3.2	32.9

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	57.1	0	42.9
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	55.6	41.7	2.8
In the long run, formula fed babies are just as healthy as breastfed babies	54.3	28.5	17.2
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	69.5	16.6	13.9
It is okay for women to breastfeed in public places like restaurants, parks, etc.	63.2	28.9	7.9
Breastfeeding allows you to control your time more than formula feeding	46.7	30.9	22.4
People in your community think it is important for women to breastfeed	52.3	40.6	7.1
Your family thinks mothers should breastfeed	54.2	34.6	11.1
Newly developed formulas are just as good for infants as breast milk	43.7	37.1	19.2
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	59.2	27	13.8
Women who breastfeed have saggy breasts	33.6	43.4	23.0
It is okay for women to breastfeed if there are men in the room	45.0	31.8	23.2
It is okay for women to breastfeed if other women are in the room	76.1	19.4	4.5
I would encourage my friends to breastfeed	71.8	24.4	3.8



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY HEALTH SERVICE REGION #6 (N=1,008)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	3.5	White	20.9	Less than high school diploma	36.6
18-24	44.5	African American	14.9	High school diploma/GED	31.1
25-29	28	Hispanic	61.4	Vocational/technical school graduate	5.2
30-34	16.9	Other	2.8	Some college	20.9
35-39	5.4			College degree (BA, AA)	5.1
40+	1.6			Beyond college/Graduate school	1.0

BREASTFEEDING DURATION

Duration	%
Never	28.1
Less than 1 week	7.1
1-2 weeks	7.1
3-4 weeks	9.1
1-3 months	12.7
4-6 months	11.7
7-11 months	7.7
12 months or more	5.8
Still breastfeeding	10.7

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	9.8
Soy milk	5.2
Formula	56.0
Juice	17.2
Tea	9.6
Sugar water	10.4
Cereal	20.9
Other foods	13.2

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 5.4%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 17.4%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

BREASTFEEDING EXPERIENCES IN HOSPITALS

Experience	%
The hospital staff gave you information about breastfeeding	82.0
Your baby stayed in the same room as you	69.5
You breastfed your baby in the hospital	69.5
You breastfed your baby in the first hour after your baby was born	41.4
The hospital staff helped you learn how to breastfeed	61.2
Your baby had only breast milk at the hospital	21.1
The hospital staff told you to breastfeed whenever your baby wanted	55.6
The hospital staff gave you a gift pack that included formula	89.2
The hospital staff gave you a telephone number to call for help when breastfeeding	58.5
Your baby used a pacifier in the hospital	56.1
Your baby got sugar water (glucose water)	13.7

REASONS FOR NEVER BREASTFEEDING		REASONS FOR DISCONTINUING BREASTFEEDING	
Reason	%	Reason	%
Baby did not want to	22.5	Baby seemed ready to stop	33.2
Had to go back to work or school	42.4	Going back to work or school	29.5
My husband/partner did not want me to	10.5	My husband/partner wanted me to stop	1.8
I was sick or taking medication	18.3	I got sick or started taking medication	13.8
I could not drink alcohol	4.2	I could not drink alcohol	1.8
I could not smoke cigarettes	7.3	I could not smoke cigarettes	3.1
I did not think my baby would get enough milk	25.9	I did not think my baby was getting enough milk	42.4
My friends did not want me to	2.6	My friends wanted me to stop	1.1
My family did not want me to	3.7	My family wanted me to stop	1.3
No one could answer my questions about breastfeeding	6.3	No one could answer my questions about breastfeeding	2.7
My baby was too sick	2.6	My baby got sick	4.0
I was not producing enough milk	21.2	I was not producing enough milk	45.8
I did not have a private place to breastfeed	6.9	I did not have a private place to breastfeed	6.0
I wanted to go on a diet to lose weight	11.5	I wanted to go on a diet to lose weight	5.7
I had too many other things to do	24.9	I had too many other things to do	10.1
I did not want to breastfeed	62.9	I breastfed long enough for my baby to get the benefits	38.2
People told me it was really hard	22.7	I was afraid my baby would bite or hurt me	12.9
I did not think I would be able to	21.2	Breastfeeding was tiring for me	13.0
		Breastfeeding gave me sore nipples/breasts	28.0
		Breastfeeding made me feel sad or unhappy	3.7
		I could not tell how much my baby ate	29.7
		I felt embarrassed breastfeeding in front of others	6.9
		Breastfeeding was strange once my baby got older	5.8
		My husband/partner wanted to feed the baby	12.0
		My baby wanted to breastfeed all the time	15.3
		I wanted/needed someone else to feed the baby	8.4
		I got pregnant again	6.5
		Baby wasn't gaining enough weight	9.7

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE TO BREASTFEED

Person	%	Person	%
Mother	66.2	Mother	43.6
Sister(s)	40.6	Sister	22.4
Husband/partner	61.3	Husband/partner	51.3
Doctor	73.3	Doctor	47.2
Baby's doctor (pediatrician)	71.5	Baby's doctor (pediatrician)	51.4
Grandmother	37.9	Grandmother	21.3
Nurse	68.1	Nurse	40.6
Midwife	21.6	Midwife	13.1
Friend(s)	48.3	Friend	24.0
Another female relative	54.8	Another female relative	29.1
WIC counselor or staff	88.7	WIC counselor or staff	54.2
Non-WIC lactation consultant (specialist)	39.9		
La Leche League counselor	15.1		
Anyone with church (reverend, pastor, priest, rabbi)	16.9		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	88.9	2.7	8.5
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	68.1	5.1	26.8
Infants who are breastfed or receive pumped breast milk do not get sick as often	74.2	4.2	21.4
Breastfeeding has benefits for mothers	74.6	3.0	22.4
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	62.7	4.8	32.5

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	48.6	2.7	48.7
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	58.7	32.4	8.9
In the long run, formula fed babies are just as healthy as breastfed babies	55.7	23.6	20.7
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	73.6	16.8	9.5
It is okay for women to breastfeed in public places like restaurants, parks, etc.	67	24.4	8.7
Breastfeeding allows you to control your time more than formula feeding	46.3	31.5	22.2
People in your community think it is important for women to breastfeed	50.2	41.8	8.0
Your family thinks mothers should breastfeed	62.4	26.4	11.2
Newly developed formulas are just as good for infants as breast milk	47.6	31.3	21.1
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	59.3	21.6	19.0
Women who breastfeed have saggy breasts	28.8	46.1	25.1
It is okay for women to breastfeed if there are men in the room	39.6	35.1	25.3
It is okay for women to breastfeed if other women are in the room	72.0	21.1	6.9
I would encourage my friends to breastfeed	72.5	23.2	4.2



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY HEALTH SERVICE REGION #7 (N=768)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	4.6	White	23.0	Less than high school diploma	33.5
18-24	47.4	African American	15.6	High school diploma/GED	35.1
25-29	27.9	Hispanic	59.5	Vocational/technical school graduate	5.3
30-34	12.8	Other	1.9	Some college	20.4
35-39	5.0			College degree (BA, AA)	5.3
40+	2.2			Beyond college/Graduate school	0.4

BREASTFEEDING DURATION

Duration	%
Never	28.8
Less than 1 week	8.3
1-2 weeks	6.9
3-4 weeks	6.9
1-3 months	15.4
4-6 months	10
7-11 months	5.1
12 months or more	4.1
Still breastfeeding	14.6

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	7.9
Soy milk	4.7
Formula	57.3
Juice	16.6
Tea	9.1
Sugar water	9.7
Cereal	24.8
Other foods	15.4

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 3.6

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 15.8

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

BREASTFEEDING EXPERIENCES IN HOSPITALS

Experience	%
The hospital staff gave you information about breastfeeding	87.5
Your baby stayed in the same room as you	83.0
You breastfed your baby in the hospital	68.6
You breastfed your baby in the first hour after your baby was born	49.4
The hospital staff helped you learn how to breastfeed	63.2
Your baby had only breast milk at the hospital	29.5
The hospital staff told you to breastfeed whenever your baby wanted	58.4
The hospital staff gave you a gift pack that included formula	87.5
The hospital staff gave you a telephone number to call for help when breastfeeding	67.9
Your baby used a pacifier in the hospital	62.9
Your baby got sugar water (glucose water)	13.7

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	23.3	Baby seemed ready to stop	28.3
Had to go back to work or school	41.4	Going back to work or school	32.1
My husband/partner did not want me to	6.7	My husband/partner wanted me to stop	1.2
I was sick or taking medication	18.3	I got sick or started taking medication	12.1
I could not drink alcohol	0.6	I could not drink alcohol	1.8
I could not smoke cigarettes	8.3	I could not smoke cigarettes	2.4
I did not think my baby would get enough milk	15.6	I did not think my baby was getting enough milk	47.9
My friends did not want me to	1.2	My friends wanted me to stop	0.3
My family did not want me to	3.0	My family wanted me to stop	0.9
No one could answer my questions about breastfeeding	2.4	No one could answer my questions about breastfeeding	1.8
My baby was too sick	1.8	My baby got sick	5.2
I was not producing enough milk	12.3	I was not producing enough milk	43.1
I did not have a private place to breastfeed	4.8	I did not have a private place to breastfeed	3.1
I wanted to go on a diet to lose weight	5.5	I wanted to go on a diet to lose weight	6.4
I had too many other things to do	13.3	I had too many other things to do	10.6
I did not want to breastfeed	64.4	I breastfed long enough for my baby to get the benefits	28.6
People told me it was really hard	10.7	I was afraid my baby would bite or hurt me	9.8
I did not think I would be able to	17.0	Breastfeeding was tiring for me	16.0
		Breastfeeding gave me sore nipples/breasts	27.9
		Breastfeeding made me feel sad or unhappy	4.0
		I could not tell how much my baby ate	30.3
		I felt embarrassed breastfeeding in front of others	10.0
		Breastfeeding was strange once my baby got older	5.2
		My husband/partner wanted to feed the baby	10.4
		My baby wanted to breastfeed all the time	12.3
		I wanted/needed someone else to feed the baby	11.6
		I got pregnant again	4.5
		Baby wasn't gaining enough weight	12.4

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE TO BREASTFEED

Person	%	Person	%
Mother	34.0	Mother	40.1
Sister(s)	41.3	Sister	19.3
Husband/partner	63.4	Husband/partner	50.6
Doctor	75.6	Doctor	46.4
Baby's doctor (pediatrician)	73.0	Baby's doctor (pediatrician)	47.3
Grandmother	34.2	Grandmother	16.3
Nurse	69.8	Nurse	40.4
Midwife	11.4	Midwife	6.1
Friend(s)	51.2	Friend	21.7
Another female relative	54.3	Another female relative	24.6
WIC counselor or staff	91.4	WIC counselor or staff	52.4
Non-WIC lactation consultant (specialist)	42.9		
La Leche League counselor	12.4		
Anyone with church (reverend, pastor, priest, rabbi)	12.7		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	89.3	2.2	8.5
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	69.5	5.3	25.2
Infants who are breastfed or receive pumped breast milk do not get sick as often	77.1	4.8	18.0
Breastfeeding has benefits for mothers	78.5	2.4	19.1
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	65.7	5.1	29.2

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	47.1	2.5	50.3
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	59.4	31.7	8.9
In the long run, formula fed babies are just as healthy as breastfed babies	54.9	25.3	19.8
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	76.9	14.1	8.9
It is okay for women to breastfeed in public places like restaurants, parks, etc.	68.3	21.9	9.9
Breastfeeding allows you to control your time more than formula feeding	46.0	29.4	24.6
People in your community think it is important for women to breastfeed	55.3	38.5	6.3
Your family thinks mothers should breastfeed	62.4	28.0	9.7
Newly developed formulas are just as good for infants as breast milk	45.9	34.5	19.6
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	59.3	19.6	21.1
Women who breastfeed have saggy breasts	26.3	46.6	27.1
It is okay for women to breastfeed if there are men in the room	37.6	35.4	27.0
It is okay for women to breastfeed if other women are in the room	74.0	20.5	5.5
I would encourage my friends to breastfeed	74.2	23.7	2.1



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY HEALTH SERVICE REGION #8 (N=777)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	4.3	White	13.2	Less than high school diploma	28.8
18-24	44.5	African American	3.4	High school diploma/GED	39.4
25-29	26.2	Hispanic	82.7	Vocational/technical school graduate	6.9
30-34	17.2	Other	0.7	Some college	20.8
35-39	5.5			College degree (BA, AA)	3.6
40+	2.4			Beyond college/Graduate school	0.5

BREASTFEEDING DURATION

Duration	%
Never	40.3
Less than 1 week	8.3
1-2 weeks	7.1
3-4 weeks	7.4
1-3 months	11.5
4-6 months	7.7
7-11 months	4.1
12 months or more	3.9
Still breastfeeding	9.8

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	7.6
Soy milk	4.4
Formula	58.6
Juice	17.8
Tea	10.5
Sugar water	7.4
Cereal	24.2
Other foods	18.7

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 4.9%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 16.1%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

BREASTFEEDING EXPERIENCES IN HOSPITALS

Experience	%
The hospital staff gave you information about breastfeeding	86.9
Your baby stayed in the same room as you	79.8
You breastfed your baby in the hospital	59.1
You breastfed your baby in the first hour after your baby was born	38.9
The hospital staff helped you learn how to breastfeed	57.4
Your baby had only breast milk at the hospital	20.0
The hospital staff told you to breastfeed whenever your baby wanted	50.2
The hospital staff gave you a gift pack that included formula	89.2
The hospital staff gave you a telephone number to call for help when breastfeeding	56.2
Your baby used a pacifier in the hospital	64.9
Your baby got sugar water (glucose water)	15.2

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	19.0	Baby seemed ready to stop	25.5
Had to go back to work or school	37.4	Going back to work or school	31.4
My husband/partner did not want me to	7.5	My husband/partner wanted me to stop	2.3
I was sick or taking medication	22.8	I got sick or started taking medication	17.3
I could not drink alcohol	1.8	I could not drink alcohol	1.3
I could not smoke cigarettes	4.0	I could not smoke cigarettes	1.9
I did not think my baby would get enough milk	19.0	I did not think my baby was getting enough milk	54.0
My friends did not want me to	2.2	My friends wanted me to stop	0.3
My family did not want me to	4.4	My family wanted me to stop	2.3
No one could answer my questions about breastfeeding	4.8	No one could answer my questions about breastfeeding	2.0
My baby was too sick	4.8	My baby got sick	3.0
I was not producing enough milk	17.1	I was not producing enough milk	42.5
I did not have a private place to breastfeed	5.2	I did not have a private place to breastfeed	4.6
I wanted to go on a diet to lose weight	9.6	I wanted to go on a diet to lose weight	5.2
I had too many other things to do	14.7	I had too many other things to do	11.3
I did not want to breastfeed	60.6	I breastfed long enough for my baby to get the benefits	26.7
People told me it was really hard	16.4	I was afraid my baby would bite or hurt me	10.2
I did not think I would be able to	19.9	Breastfeeding was tiring for me	10.3
		Breastfeeding gave me sore nipples/breasts	27.3
		Breastfeeding made me feel sad or unhappy	2.6
		I could not tell how much my baby ate	36.0
		I felt embarrassed breastfeeding in front of others	7.5
		Breastfeeding was strange once my baby got older	3.3
		My husband/partner wanted to feed the baby	9.4
		My baby wanted to breastfeed all the time	11.1
		I wanted/needed someone else to feed the baby	10.5
		I got pregnant again	3.9
		Baby wasn't gaining enough weight	7.9

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE TO BREASTFEED

Person	%	Person	%
Mother	57.5	Mother	39.9
Sister(s)	36.5	Sister	20.7
Husband/partner	55.2	Husband/partner	44.6
Doctor	68.9	Doctor	44.4
Baby's doctor (pediatrician)	63.8	Baby's doctor (pediatrician)	45.1
Grandmother	31.0	Grandmother	17.8
Nurse	63.6	Nurse	36.4
Midwife	8.0	Midwife	4.6
Friend(s)	44.5	Friend	23.1
Another female relative	52.0	Another female relative	25.6
WIC counselor or staff	87.1	WIC counselor or staff	52.9
Non-WIC lactation consultant (specialist)	31.9		
La Leche League counselor	10.7		
Anyone with church (reverend, pastor, priest, rabbi)	10.1		

39.20.7

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	90.7	2.7	6.6
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	70.7	6.5	22.8
Infants who are breastfed or receive pumped breast milk do not get sick as often	76.9	5.2	17.9
Breastfeeding has benefits for mothers	74.7	2.9	22.5
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	57.3	6.3	36.4

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	45.2	3.0	51.8
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	59.5	34.5	6.0
In the long run, formula fed babies are just as healthy as breastfed babies	60.3	21.9	17.8
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	73.6	15.8	10.6
It is okay for women to breastfeed in public places like restaurants, parks, etc.	65.6	23.6	10.7
Breastfeeding allows you to control your time more than formula feeding	43.9	34.1	22.1
People in your community think it is important for women to breastfeed	50.8	42.7	6.5
Your family thinks mothers should breastfeed	58.3	30.1	11.7
Newly developed formulas are just as good for infants as breast milk	49.2	33.3	17.4
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	54.9	19.8	25.3
Women who breastfeed have saggy breasts	23.1	46.4	30.5
It is okay for women to breastfeed if there are men in the room	39.7	35.3	25.0
It is okay for women to breastfeed if other women are in the room	75.4	19.6	4.9
I would encourage my friends to breastfeed	69.5	27.6	2.9



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY HEALTH SERVICE REGION #9 (N=227)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	3.3	White	27.9	Less than high school diploma	27.1
18-24	50.2	African American	1.8	High school diploma/GED	38.8
25-29	24.7	Hispanic	68.5	Vocational/technical school graduate	4.7
30-34	13.0	Other	1.8	Some college	26.6
35-39	6.0			College degree (BA, AA)	2.8
40+	2.8			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	35.9
Less than 1 week	8.3
1-2 weeks	7.4
3-4 weeks	9.7
1-3 months	14.3
4-6 months	12.0
7-11 months	6.0
12 months or more	1.4
Still breastfeeding	5.1

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	6.8
Soy milk	5.4
Formula	51.6
Juice	10.5
Tea	10.6
Sugar water	18.9
Cereal	24.2
Other foods	17.6

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 2.3%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 15.9%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

BREASTFEEDING EXPERIENCES IN HOSPITALS

Experience	%
The hospital staff gave you information about breastfeeding	88.3
Your baby stayed in the same room as you	80.6
You breastfed your baby in the hospital	63.3
You breastfed your baby in the first hour after your baby was born	43.7
The hospital staff helped you learn how to breastfeed	57.3
Your baby had only breast milk at the hospital	32.4
The hospital staff told you to breastfeed whenever your baby wanted	54.6
The hospital staff gave you a gift pack that included formula	88.5
The hospital staff gave you a telephone number to call for help when breastfeeding	58.9
Your baby used a pacifier in the hospital	65.9
Your baby got sugar water (glucose water)	33.5

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	15.4	Baby seemed ready to stop	20.4
Had to go back to work or school	39.4	Going back to work or school	28.3
My husband/partner did not want me to	6.6	My husband/partner wanted me to stop	3.4
I was sick or taking medication	11.1	I got sick or started taking medication	14.9
I could not drink alcohol	1.7	I could not drink alcohol	0.0
I could not smoke cigarettes	1.6	I could not smoke cigarettes	0.9
I did not think my baby would get enough milk	13.6	I did not think my baby was getting enough milk	48.3
My friends did not want me to	1.6	My friends wanted me to stop	0.0
My family did not want me to	3.3	My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	1.6	No one could answer my questions about breastfeeding	4.2
My baby was too sick	1.7	My baby got sick	6.7
I was not producing enough milk	25.8	I was not producing enough milk	49.2
I did not have a private place to breastfeed	3.2	I did not have a private place to breastfeed	1.7
I wanted to go on a diet to lose weight	6.5	I wanted to go on a diet to lose weight	1.7
I had too many other things to do	11.7	I had too many other things to do	9.6
I did not want to breastfeed	62.9	I breastfed long enough for my baby to get the benefits	22.2
People told me it was really hard	14.5	I was afraid my baby would bite or hurt me	7.7
I did not think I would be able to	23.0	Breastfeeding was tiring for me	11.2
		Breastfeeding gave me sore nipples/breasts	27.1
		Breastfeeding made me feel sad or unhappy	3.4
		I could not tell how much my baby ate	31.6
		I felt embarrassed breastfeeding in front of others	8.6
		Breastfeeding was strange once my baby got older	6.0
		My husband/partner wanted to feed the baby	9.6
		My baby wanted to breastfeed all the time	12.1
		I wanted/needed someone else to feed the baby	8.7
		I got pregnant again	2.6
		Baby wasn't gaining enough weight	5.3

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE TO BREASTFEED

Person	%	Person	%
Mother	65.6	Mother	41.2
Sister(s)	37.2	Sister	17.0
Husband/partner	54.0	Husband/partner	42.7
Doctor	68.8	Doctor	46.7
Baby's doctor (pediatrician)	68.9	Baby's doctor (pediatrician)	52.8
Grandmother	35.7	Grandmother	17.1
Nurse	70.0	Nurse	40.2
Midwife	7.4	Midwife	4.3
Friend(s)	51.9	Friend	21.2
Another female relative	54.3	Another female relative	25.2
WIC counselor or staff	88.6	WIC counselor or staff	51.6
Non-WIC lactation consultant (specialist)	35.2		
La Leche League counselor	8.8		
Anyone with church (reverend, pastor, priest, rabbi)	11.7		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	86.4	2.3	11.3
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	65	7.7	27.3
Infants who are breastfed or receive pumped breast milk do not get sick as often	76.1	4.6	19.3
Breastfeeding has benefits for mothers	77.7	2.7	19.5
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	59.2	5.5	35.3

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	48.4	2.3	49.3
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	61.3	35.4	3.3
In the long run, formula fed babies are just as healthy as breastfed babies	52.4	24.1	23.6
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	76.2	13.8	10.0
It is okay for women to breastfeed in public places like restaurants, parks, etc.	68.1	18.8	13.1
Breastfeeding allows you to control your time more than formula feeding	41.0	35.4	23.6
People in your community think it is important for women to breastfeed	46.9	48.8	4.2
Your family thinks mothers should breastfeed	61.6	28.0	10.4
Newly developed formulas are just as good for infants as breast milk	41.1	33.6	25.2
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	54.2	20.8	25.0
Women who breastfeed have saggy breasts	21.4	45.1	33.5
It is okay for women to breastfeed if there are men in the room	45.5	33.2	21.3
It is okay for women to breastfeed if other women are in the room	74.4	23.3	2.3
I would encourage my friends to breastfeed	71.0	27.6	1.4



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY HEALTH SERVICE REGION # 10 (N=153)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	7.9	White	3.3	Less than high school diploma	26.2
18-24	43.2	African American	1.3	High school diploma/GED	31.7
25-29	22.3	Hispanic	93.4	Vocational/technical school graduate	13.8
30-34	16.5	Other	2.0	Some college	22.1
35-39	8.6			College degree (BA, AA)	6.2
40+	1.4			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	26.9
Less than 1 week	7.6
1-2 weeks	4.8
3-4 weeks	10.3
1-3 months	14.5
4-6 months	13.1
7-11 months	4.8
12 months or more	4.1
Still breastfeeding	13.8

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	2.4
Soy milk	1.4
Formula	54.8
Juice	10.7
Tea	11.4
Sugar water	6.1
Cereal	17.2
Other foods	10.0

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 1.1%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 19.6%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

BREASTFEEDING EXPERIENCES IN HOSPITALS

Experience	%
The hospital staff gave you information about breastfeeding	87.4
Your baby stayed in the same room as you	82.0
You breastfed your baby in the hospital	70.1
You breastfed your baby in the first hour after your baby was born	32.6
The hospital staff helped you learn how to breastfeed	67.4
Your baby had only breast milk at the hospital	26.9
The hospital staff told you to breastfeed whenever your baby wanted	56.2
The hospital staff gave you a gift pack that included formula	76.5
The hospital staff gave you a telephone number to call for help when breastfeeding	60.6
Your baby used a pacifier in the hospital	50.7
Your baby got sugar water (glucose water)	12.2

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	25.0	Baby seemed ready to stop	25.0
Had to go back to work or school	50.0	Going back to work or school	25.3
My husband/partner did not want me to	4.2	My husband/partner wanted me to stop	1.4
I was sick or taking medication	14.8	I got sick or started taking medication	22.7
I could not drink alcohol	3.8	I could not drink alcohol	1.4
I could not smoke cigarettes	3.8	I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	7.7	I did not think my baby was getting enough milk	39.7
My friends did not want me to	0.0	My friends wanted me to stop	2.8
My family did not want me to	0.0	My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	0.0
My baby was too sick	4.0	My baby got sick	2.8
I was not producing enough milk	13.8	I was not producing enough milk	51.9
I did not have a private place to breastfeed	0.0	I did not have a private place to breastfeed	4.2
I wanted to go on a diet to lose weight	4.0	I wanted to go on a diet to lose weight	6.8
I had too many other things to do	7.4	I had too many other things to do	5.6
I did not want to breastfeed	53.3	I breastfed long enough for my baby to get the benefits	34.7
People told me it was really hard	13.8	I was afraid my baby would bite or hurt me	16.2
I did not think I would be able to	25.0	Breastfeeding was tiring for me	5.4
		Breastfeeding gave me sore nipples/breasts	23.7
		Breastfeeding made me feel sad or unhappy	4.1
		I could not tell how much my baby ate	26.0
		I felt embarrassed breastfeeding in front of others	9.5
		Breastfeeding was strange once my baby got older	6.8
		My husband/partner wanted to feed the baby	15.3
		My baby wanted to breastfeed all the time	11.3
		I wanted/needed someone else to feed the baby	2.8
		I got pregnant again	2.7
		Baby wasn't gaining enough weight	9.7

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE TO BREASTFEED

Person	%	Person	%
Mother	73.5	Mother	51.7
Sister(s)	42.9	Sister	23.2
Husband/partner	56.7	Husband/partner	49.6
Doctor	72.6	Doctor	51.0
Baby's doctor (pediatrician)	70.9	Baby's doctor (pediatrician)	53.9
Grandmother	40.9	Grandmother	19.0
Nurse	63.1	Nurse	41.1
Midwife	17.3	Midwife	13.9
Friend(s)	47.1	Friend	17.8
Another female relative	51.4	Another female relative	29.0
WIC counselor or staff	86.9	WIC counselor or staff	53.9
Non-WIC lactation consultant (specialist)	40.7		
La Leche League counselor	7.5		
Anyone with church (reverend, pastor, priest, rabbi)	5.9		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	91.5	3.5	4.9
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	70.6	3.5	25.9
Infants who are breastfed or receive pumped breast milk do not get sick as often	79.4	2.8	17.7
Breastfeeding has benefits for mothers	74.5	2.8	22.7
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	60.1	4.9	35.0

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	44.1	4.9	51.0
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	61.2	33.8	5.0
In the long run, formula fed babies are just as healthy as breastfed babies	56.0	17.7	26.2
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	81.0	10.2	8.8
It is okay for women to breastfeed in public places like restaurants, parks, etc.	72.1	16.4	11.4
Breastfeeding allows you to control your time more than formula feeding	48.5	30.1	21.3
People in your community think it is important for women to breastfeed	55.3	37.6	7.1
Your family thinks mothers should breastfeed	67.4	23.4	9.2
Newly developed formulas are just as good for infants as breast milk	51.1	24.5	24.5
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	65.2	17.0	17.7
Women who breastfeed have saggy breasts	26.8	41.5	31.7
It is okay for women to breastfeed if there are men in the room	47.5	33.3	19.1
It is okay for women to breastfeed if other women are in the room	76.1	18.3	5.6
I would encourage my friends to breastfeed	76.1	20.4	3.5



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY HEALTH SERVICE REGION # 11 (N=650)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	6.2	White	6.9	Less than high school diploma	33.5
18-24	40.8	African American	1.7	High school diploma/GED	30.3
25-29	26.5	Hispanic	90.6	Vocational/technical school graduate	8.4
30-34	17.7	Other	0.8	Some college	21.2
35-39	7.9			College degree (BA, AA)	5.7
40+	0.9			Beyond college/Graduate school	1.0

BREASTFEEDING DURATION

Duration	%
Never	29.1
Less than 1 week	10.0
1-2 weeks	8.6
3-4 weeks	7.2
1-3 months	12.3
4-6 months	10.6
7-11 months	7.9
12 months or more	6.0
Still breastfeeding	8.3

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	11.1
Soy milk	2.5
Formula	58.9
Juice	14.5
Tea	12.1
Sugar water	5.2
Cereal	18.9
Other foods	14.8

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 3.0%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 13.3%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

BREASTFEEDING EXPERIENCES IN HOSPITALS

Experience	%
The hospital staff gave you information about breastfeeding	81.1
Your baby stayed in the same room as you	74.8
You breastfed your baby in the hospital	63.3
You breastfed your baby in the first hour after your baby was born	38.2
The hospital staff helped you learn how to breastfeed	54.1
Your baby had only breast milk at the hospital	17.0
The hospital staff told you to breastfeed whenever your baby wanted	49.5
The hospital staff gave you a gift pack that included formula	86.9
The hospital staff gave you a telephone number to call for help when breastfeeding	55.0
Your baby used a pacifier in the hospital	58.6
Your baby got sugar water (glucose water)	7.2

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	31.6	Baby seemed ready to stop	32.2
Had to go back to work or school	35.8	Going back to work or school	30.4
My husband/partner did not want me to	5.2	My husband/partner wanted me to stop	3.1
I was sick or taking medication	17.3	I got sick or started taking medication	12.4
I could not drink alcohol	1.2	I could not drink alcohol	1.9
I could not smoke cigarettes	2.9	I could not smoke cigarettes	2.4
I did not think my baby would get enough milk	24.4	I did not think my baby was getting enough milk	41.4
My friends did not want me to	0.6	My friends wanted me to stop	1.2
My family did not want me to	1.8	My family wanted me to stop	1.7
No one could answer my questions about breastfeeding	4.1	No one could answer my questions about breastfeeding	3.1
My baby was too sick	1.2	My baby got sick	4.7
I was not producing enough milk	20.2	I was not producing enough milk	41.9
I did not have a private place to breastfeed	3.5	I did not have a private place to breastfeed	4.5
I wanted to go on a diet to lose weight	7.1	I wanted to go on a diet to lose weight	6.3
I had too many other things to do	9.4	I had too many other things to do	16.6
I did not want to breastfeed	54.0	I breastfed long enough for my baby to get the benefits	33.0
People told me it was really hard	12.3	I was afraid my baby would bite or hurt me	19.0
I did not think I would be able to	29.9	Breastfeeding was tiring for me	11.9
		Breastfeeding gave me sore nipples/breasts	28.1
		Breastfeeding made me feel sad or unhappy	2.8
		I could not tell how much my baby ate	35.0
		I felt embarrassed breastfeeding in front of others	15.8
		Breastfeeding was strange once my baby got older	7.8
		My husband/partner wanted to feed the baby	11.1
		My baby wanted to breastfeed all the time	12.4
		I wanted/needed someone else to feed the baby	10.6
		I got pregnant again	7.2
		Baby wasn't gaining enough weight	6.9

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE TO BREASTFEED

Person	%	Person	%
Mother	66.0	Mother	43.3
Sister(s)	39.7	Sister	22.8
Husband/partner	56.9	Husband/partner	46.8
Doctor	72.2	Doctor	45.3
Baby's doctor (pediatrician)	67.2	Baby's doctor (pediatrician)	45.4
Grandmother	35.9	Grandmother	19.6
Nurse	63.6	Nurse	36.8
Midwife	9.4	Midwife	5.4
Friend(s)	46.4	Friend	20.3
Another female relative	55.7	Another female relative	25.6
WIC counselor or staff	90.6	WIC counselor or staff	60.5
Non-WIC lactation consultant (specialist)	35.7		
La Leche League counselor	9.3		
Anyone with church (reverend, pastor, priest, rabbi)	8.9		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	91.8	2.2	6.0
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	73.3	4.5	22.2
Infants who are breastfed or receive pumped breast milk do not get sick as often	79.9	4.6	15.5
Breastfeeding has benefits for mothers	76.6	2.2	21.2
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	63.4	4.3	32.3

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	55.1	1.9	43.1
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	64.9	28.4	6.7
In the long run, formula fed babies are just as healthy as breastfed babies	59.6	20.6	19.8
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	76.2	15.6	8.2
It is okay for women to breastfeed in public places like restaurants, parks, etc.	68.1	21.0	10.9
Breastfeeding allows you to control your time more than formula feeding	51.1	29.1	19.8
People in your community think it is important for women to breastfeed	54.4	39.2	6.4
Your family thinks mothers should breastfeed	64.9	26.5	8.6
Newly developed formulas are just as good for infants as breast milk	53.8	27.7	18.5
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	63.0	18.2	18.8
Women who breastfeed have saggy breasts	24.1	45.4	30.5
It is okay for women to breastfeed if there are men in the room	41.3	35.6	23.1
It is okay for women to breastfeed if other women are in the room	77.0	18.0	5.0
I would encourage my friends to breastfeed	76.8	20.1	3.1



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #1 – CITY OF AUSTIN/TRAVIS COUNTY WIC PROGRAM (N=100)

RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	4.4	White	8.2	Less than high school diploma	42.6
18-24	47.3	African American	8.2	High school diploma/GED	23.4
25-29	29.7	Hispanic	81.6	Vocational/technical school graduate	8.5
30-34	11.0	Other	2.0	Some college	19.1
35-39	4.4			College degree (BA, AA)	6.4
40+	3.3			Beyond college/Graduate school	42.6

BREASTFEEDING DURATION		INTRODUCTION OF COMPLEMENTARY FOODS	
Duration	%	Foods	% Before 4 to 6 Months
Never	20.7	Cow's milk	1.8
Less than 1 week	26.4	Soy milk	3.8
1-2 weeks	4.6	Formula	61.7
3-4 weeks	3.4	Juice	14.5
1-3 months	5.7	Tea	11.8
4-6 months	18.4	Sugar water	3.8
7-11 months	14.9	Cereal	22.0
12 months or more	2.3	Other foods	10.0
Still breastfeeding	3.4		

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS	FOR MORE THAN 3 MONTHS
Breastfed exclusively for at least 7 months 3.5%	Breastfed exclusively for at least 4 months 17.5%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	91.1
Your baby stayed in the same room as you	87.4
You breastfed your baby in the hospital	80.7
You breastfed your baby in the first hour after your baby was born	59.1
The hospital staff helped you learn how to breastfeed	75.3
Your baby had only breast milk at the hospital	22.4
The hospital staff told you to breastfeed whenever your baby wanted	71.4
The hospital staff gave you a gift pack that included formula	88.4
The hospital staff gave you a telephone number to call for help when breastfeeding	84.1
Your baby used a pacifier in the hospital	69.3
Your baby got sugar water (glucose water)	9.6

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	36.8
Had to go back to work or school	41.2
My husband/partner did not want me to	12.5
I was sick or taking medication	16.7
I could not drink alcohol	5.9
I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	27.8
My friends did not want me to	5.9
My family did not want me to	5.9
No one could answer my questions about breastfeeding	5.9
My baby was too sick	5.9
I was not producing enough milk	17.6
I did not have a private place to breastfeed	11.1
I wanted to go on a diet to lose weight	5.9
I had too many other things to do	5.9

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	34.8
Going back to work or school	22.7
My husband/partner wanted me to stop	2.3
I got sick or started taking medication	15.2
I could not drink alcohol	0.0
I could not smoke cigarettes	2.3
I did not think my baby was getting enough milk	60.0
My friends wanted me to stop	0.0
My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0
My baby got sick	7.0
I was not producing enough milk	45.8
I did not have a private place to breastfeed	4.5
I wanted to go on a diet to lose weight	6.8
I had too many other things to do	11.4

I did not want to breastfeed	68.8
People told me it was really hard	0.0
I did not think I would be able to	17.6

I breastfed long enough for my baby to get the benefits	28.3
I was afraid my baby would bite or hurt me	19.1
Breastfeeding was tiring for me	10.9
Breastfeeding gave me sore nipples/breasts	25.0
Breastfeeding made me feel sad or unhappy	0.0
I could not tell how much my baby ate	40.5
I felt embarrassed breastfeeding in front of others	13.6
Breastfeeding was strange once my baby got older	6.8
My husband/partner wanted to feed the baby	9.1
My baby wanted to breastfeed all the time	4.5
I wanted/needed someone else to feed the baby	9.1
I got pregnant again	2.3
Baby wasn't gaining enough weight	25.0

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	79.1	Mother	40.0
Sister(s)	58.4	Sister	26.1
Husband/partner	78.0	Husband/partner	50.6
Doctor	83.2	Doctor	55.1
Baby's doctor (pediatrician)	83.5	Baby's doctor (pediatrician)	58.1
Grandmother	48.3	Grandmother	13.4
Nurse	81.8	Nurse	55.2
Midwife	22.1	Midwife	6.2
Friend(s)	61.4	Friend	29.8
Another female relative	66.7	Another female relative	32.1
WIC counselor or staff	98.9	WIC counselor or staff	59.3
Non-WIC lactation consultant (specialist)	59.3		
La Leche League counselor	18.1		
Anyone with church (reverend, pastor, priest, rabbi)	21.2		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	85.4	4.2	10.4
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	74.2	4.3	21.5
Infants who are breastfed or receive pumped breast milk do not get sick as often	76.3	9.7	14.0
Breastfeeding has benefits for mothers	82.1	1.1	16.8
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	69.5	6.3	24.2

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	50.5	3.2	46.2
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	65.9	26.1	7.8
In the long run, formula fed babies are just as healthy as breastfed babies	51.1	28.4	20.5
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	72.4	18.4	9.2
It is okay for women to breastfeed in public places like restaurants, parks, etc.	69.4	17.7	12.9
Breastfeeding allows you to control your time more than formula feeding	52.3	29.1	18.6
People in your community think it is important for women to breastfeed	65.1	30.2	4.7
Your family thinks mothers should breastfeed	79.6	15.9	4.6
Newly developed formulas are just as good for infants as breast milk	45.9	38.8	15.3
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	62.8	18.6	18.6
Women who breastfeed have saggy breasts	35.6	36.8	27.6
It is okay for women to breastfeed if there are men in the room	32.1	35.7	32.1
It is okay for women to breastfeed if other women are in the room	83.7	14	2.3
I would encourage my friends to breastfeed	82.0	15.7	2.3



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY # 3 – CAMERON COUNTY WIC PROGRAM (N=241)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	4.5	White	3.4	Less than high school diploma	36.3
18-24	30.9	African American	0.0	High school diploma/GED	26.5
25-29	32.7	Hispanic	95.8	Vocational/technical school graduate	9.4
30-34	20.2	Other	0.8	Some college	19.7
35-39	10.3			College degree (BA, AA)	6.4
40+	1.3			Beyond college/Graduate school	1.7

BREASTFEEDING DURATION

Duration	%
Never	23.4
Less than 1 week	5.9
1-2 weeks	8.1
3-4 weeks	4.1
1-3 months	9.9
4-6 months	12.2
7-11 months	9.5
12 months or more	10.8
Still breastfeeding	16.2

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	12.2
Soy milk	1.7
Formula	66.2
Juice	15.2
Tea	15.4
Sugar water	4.8
Cereal	12.5
Other foods	7.3

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 2.7%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 14.9%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	78.5
Your baby stayed in the same room as you	73.3
You breastfed your baby in the hospital	67.7
You breastfed your baby in the first hour after your baby was born	40.1
The hospital staff helped you learn how to breastfeed	54.4
Your baby had only breast milk at the hospital	10.8
The hospital staff told you to breastfeed whenever your baby wanted	51.4
The hospital staff gave you a gift pack that included formula	80.8
The hospital staff gave you a telephone number to call for help when breastfeeding	60.5
Your baby used a pacifier in the hospital	56.8
Your baby got sugar water (glucose water)	5.6

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	44.7	Baby seemed ready to stop	39.5
Had to go back to work or school	48.5	Going back to work or school	28.2
My husband/partner did not want me to	3.2	My husband/partner wanted me to stop	3.6
I was sick or taking medication	30.3	I got sick or started taking medication	11.1
I could not drink alcohol	0.0	I could not drink alcohol	2.6
I could not smoke cigarettes	9.4	I could not smoke cigarettes	2.5
I did not think my baby would get enough milk	29.0	I did not think my baby was getting enough milk	35.6
My friends did not want me to	0.0	My friends wanted me to stop	1.8
My family did not want me to	3.3	My family wanted me to stop	3.5
No one could answer my questions about breastfeeding	3.3	No one could answer my questions about breastfeeding	0.9
My baby was too sick	3.2	My baby got sick	6.8
I was not producing enough milk	26.5	I was not producing enough milk	40.2
I did not have a private place to breastfeed	3.3	I did not have a private place to breastfeed	5.3
I wanted to go on a diet to lose weight	9.7	I wanted to go on a diet to lose weight	8.5
I had too many other things to do	16.1	I had too many other things to do	19.0
I did not want to breastfeed	45.5	I breastfed long enough for my baby to get the benefits	47.5
People told me it was really hard	6.7	I was afraid my baby would bite or hurt me	30.3
I did not think I would be able to	17.6	Breastfeeding was tiring for me	12.8
		Breastfeeding gave me sore nipples/breasts	22.5
		Breastfeeding made me feel sad or unhappy	1.7
		I could not tell how much my baby ate	29.7
		I felt embarrassed breastfeeding in front of others	20.8
		Breastfeeding was strange once my baby got older	9.4
		My husband/partner wanted to feed the baby	11.3
		My baby wanted to breastfeed all the time	14.8
		I wanted/needed someone else to feed the baby	12.3
		I got pregnant again	10.3
		Baby wasn't gaining enough weight	5.4

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	72.2	Mother	52.8
Sister(s)	44.1	Sister	25.0
Husband/partner	61.0	Husband/partner	45.1
Doctor	69.4	Doctor	42.2
Baby's doctor (pediatrician)	67.8	Baby's doctor (pediatrician)	44.1
Grandmother	39.1	Grandmother	21.0
Nurse	62.6	Nurse	34.1
Midwife	10.3	Midwife	6.5
Friend(s)	50.0	Friend	22.5
Another female relative	57.1	Another female relative	27.3
WIC counselor or staff	89.1	WIC counselor or staff	70.7
Non-WIC lactation consultant (specialist)	45.1		
La Leche League counselor	9.4		
Anyone with church (reverend, pastor, priest, rabbi)	8.8		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	92.2	5.2	2.6
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	74.1	6.6	19.3
Infants who are breastfed or receive pumped breast milk do not get sick as often	84.6	4.0	11.5
Breastfeeding has benefits for mothers	79.3	2.6	18.1
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	70.9	3.5	25.6

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	65.9	1.3	32.7
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	71.3	21.8	6.9
In the long run, formula fed babies are just as healthy as breastfed babies	58.8	15.4	25.8
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	78.9	13.2	7.9
It is okay for women to breastfeed in public places like restaurants, parks, etc.	76.4	16.4	7.3
Breastfeeding allows you to control your time more than formula feeding	59.1	25.5	15.5
People in your community think it is important for women to breastfeed	63.7	32.7	3.6
Your family thinks mothers should breastfeed	73.5	22.9	3.6
Newly developed formulas are just as good for infants as breast milk	54.8	29.0	16.1
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	71.6	13.8	14.7
Women who breastfeed have saggy breasts	26.5	42.5	31.1
It is okay for women to breastfeed if there are men in the room	44.7	33.8	21.5
It is okay for women to breastfeed if other women are in the room	80.1	14.9	5.0
I would encourage my friends to breastfeed	86.2	11.6	2.2



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY # 7 – CITY OF DALLAS WIC PROGRAM (N=201)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	4.5	White	4.6	Less than high school diploma	39.9
18-24	40.4	African American	18.5	High school diploma/GED	28.4
25-29	27.0	Hispanic	74.4	Vocational/technical school graduate	7.1
30-34	19.1	Other	2.6	Some college	17.5
35-39	7.3			College degree (BA, AA)	6.0
40+	1.7			Beyond college/Graduate school	1.1

BREASTFEEDING DURATION		INTRODUCTION OF COMPLEMENTARY FOODS	
Duration	%	Foods	% Before 4 to 6 Months
Never	16.3	Cow's milk	9.3
Less than 1 week	9.2	Soy milk	6.1
1-2 weeks	6.0	Formula	64.2
3-4 weeks	6.5	Juice	16.2
1-3 months	13.0	Tea	12.2
4-6 months	10.9	Sugar water	3.9
7-11 months	7.1	Cereal	24.6
12 months or more	10.9	Other foods	20.9
Still breastfeeding	20.1		

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS	FOR MORE THAN 3 MONTHS
Breastfed exclusively for at least 7 months 2.4%	Breastfed exclusively for at least 4 months 14.4%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

	Experience	%
	The hospital staff gave you information about breastfeeding	91.6
	Your baby stayed in the same room as you	82.2
	You breastfed your baby in the hospital	81.0
	You breastfed your baby in the first hour after your baby was born	50.0
	The hospital staff helped you learn how to breastfeed	74.4
	Your baby had only breast milk at the hospital	41.5
	The hospital staff told you to breastfeed whenever your baby wanted	69.7
	The hospital staff gave you a gift pack that included formula	93.9
	The hospital staff gave you a telephone number to call for help when breastfeeding	65.0
	Your baby used a pacifier in the hospital	53.9
	Your baby got sugar water (glucose water)	7.6

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	37.0	Baby seemed ready to stop	39.0
Had to go back to work or school	34.6	Going back to work or school	30.9
My husband/partner did not want me to	11.5	My husband/partner wanted me to stop	2.2
I was sick or taking medication	15.4	I got sick or started taking medication	8.3
I could not drink alcohol	0.0	I could not drink alcohol	3.3
I could not smoke cigarettes	0.0	I could not smoke cigarettes	2.2
I did not think my baby would get enough milk	24.0	I did not think my baby was getting enough milk	44.3
My friends did not want me to	0.0	My friends wanted me to stop	2.2
My family did not want me to	0.0	My family wanted me to stop	2.2
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	7.7
My baby was too sick	0.0	My baby got sick	6.5
I was not producing enough milk	20.8	I was not producing enough milk	46.9
I did not have a private place to breastfeed	0.0	I did not have a private place to breastfeed	12.0
I wanted to go on a diet to lose weight	8.3	I wanted to go on a diet to lose weight	1.1
I had too many other things to do	13.0	I had too many other things to do	11.0
I did not want to breastfeed	61.5	I breastfed long enough for my baby to get the benefits	36.7
People told me it was really hard	16.7	I was afraid my baby would bite or hurt me	10.8
I did not think I would be able to	25.0	Breastfeeding was tiring for me	10.9
		Breastfeeding gave me sore nipples/breasts	23.2
		Breastfeeding made me feel sad or unhappy	14.3
		I could not tell how much my baby ate	25.3
		I felt embarrassed breastfeeding in front of others	5.4
		Breastfeeding was strange once my baby got older	5.6
		My husband/partner wanted to feed the baby	12.1
		My baby wanted to breastfeed all the time	13.2
		I wanted/needed someone else to feed the baby	5.5
		I got pregnant again	8.7
		Baby wasn't gaining enough weight	22.8

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	72.9	Mother	43.2
Sister(s)	54.5	Sister	31.3
Husband/partner	70.7	Husband/partner	49.7
Doctor	82.2	Doctor	54.1
Baby's doctor (pediatrician)	80.3	Baby's doctor (pediatrician)	57.2
Grandmother	44.3	Grandmother	23.6
Nurse	76.4	Nurse	52.5
Midwife	14.3	Midwife	5.9
Friend(s)	56.0	Friend	26.9
Another female relative	63.3	Another female relative	30.2
WIC counselor or staff	88.6	WIC counselor or staff	61.1
Non-WIC lactation consultant (specialist)	43.3		
La Leche League counselor	15.8		
Anyone with church (reverend, pastor, priest, rabbi)	17.5		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	94.7	MISSING	5.30
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	83.6	3.2	13.2
Infants who are breastfed or receive pumped breast milk do not get sick as often	80.3	4.3	15.4
Breastfeeding has benefits for mothers	80.2	3.2	16.6
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	72.0	2.1	25.9

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	56	2.7	40.9
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	68.7	27.9	3.4
In the long run, formula fed babies are just as healthy as breastfed babies	49.5	19.1	31.4
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	80.6	10.8	8.6
It is okay for women to breastfeed in public places like restaurants, parks, etc.	73.0	18.9	8.1
Breastfeeding allows you to control your time more than formula feeding	62.4	23.1	14.5
People in your community think it is important for women to breastfeed	66.3	29.9	3.7
Your family thinks mothers should breastfeed	76.5	18.7	4.8
Newly developed formulas are just as good for infants as breast milk	39.8	29.3	30.9
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	70.4	16.7	12.9
Women who breastfeed have saggy breasts	30.5	38.0	31.6
It is okay for women to breastfeed if there are men in the room	45.1	36.4	18.5
It is okay for women to breastfeed if other women are in the room	81.2	15.1	3.8
I would encourage my friends to breastfeed	83.9	12.4	3.8



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY # 10 – GRAYSON COUNTY WIC PROGRAM (N=58)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	3.6	White	63.8	Less than high school diploma	32.7
18-24	47.3	African American	13.8	High school diploma/GED	40.0
25-29	34.5	Hispanic	19.0	Vocational/technical school graduate	7.3
30-34	12.7	Other	3.4	Some college	14.5
35-39	1.8			College degree (BA, AA)	5.5
40+	0.0			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION		INTRODUCTION OF COMPLEMENTARY FOODS	
Duration	%	Foods	% Before 4 to 6 Months
Never	36.5	Cow's milk	3.4
Less than 1 week	13.5	Soy milk	7.7
1-2 weeks	15.4	Formula	66.7
3-4 weeks	11.5	Juice	25.8
1-3 months	7.7	Tea	6.9
4-6 months	5.8	Sugar water	20.7
7-11 months	1.9	Cereal	30.3
12 months or more	1.9	Other foods	24.0
Still breastfeeding	5.8		

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS	FOR MORE THAN 3 MONTHS
Breastfed exclusively for at least 7 months 0.0%	Breastfed exclusively for at least 4 months 6.7%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	92.6
Your baby stayed in the same room as you	83.3
You breastfed your baby in the hospital	59.3
You breastfed your baby in the first hour after your baby was born	44.4
The hospital staff helped you learn how to breastfeed	61.1
Your baby had only breast milk at the hospital	14.8
The hospital staff told you to breastfeed whenever your baby wanted	44.4
The hospital staff gave you a gift pack that included formula	79.6
The hospital staff gave you a telephone number to call for help when breastfeeding	46.3
Your baby used a pacifier in the hospital	64.8
Your baby got sugar water (glucose water)	20.4

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	11.1
Had to go back to work or school	38.9
My husband/partner did not want me to	5.6
I was sick or taking medication	5.6
I could not drink alcohol	0.0
I could not smoke cigarettes	11.8
I did not think my baby would get enough milk	15.8
My friends did not want me to	0.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	5.6
My baby was too sick	5.6
I was not producing enough milk	16.7
I did not have a private place to breastfeed	5.6
I wanted to go on a diet to lose weight	0.0
I had too many other things to do	5.6

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	17.9
Going back to work or school	25.9
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	14.8
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby was getting enough milk	37
My friends wanted me to stop	0.0
My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0
My baby got sick	0.0
I was not producing enough milk	33.3
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	3.7
I had too many other things to do	7.4

I did not want to breastfeed	57.9
People told me it was really hard	11.1
I did not think I would be able to	16.7

I breastfed long enough for my baby to get the benefits	14.8
I was afraid my baby would bite or hurt me	18.5
Breastfeeding was tiring for me	7.7
Breastfeeding gave me sore nipples/breasts	33.3
Breastfeeding made me feel sad or unhappy	0.0
I could not tell how much my baby ate	19.2
I felt embarrassed breastfeeding in front of others	3.8
Breastfeeding was strange once my baby got older	0.0
My husband/partner wanted to feed the baby	14.8
My baby wanted to breastfeed all the time	22.2
I wanted/needed someone else to feed the baby	14.8
I got pregnant again	0.0
Baby wasn't gaining enough weight	3.8

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	51.9	Mother	25.0
Sister(s)	21.8	Sister	10.7
Husband/partner	61.1	Husband/partner	46.4
Doctor	75.0	Doctor	35.1
Baby's doctor (pediatrician)	80	Baby's doctor (pediatrician)	38.2
Grandmother	32.7	Grandmother	5.5
Nurse	70.9	Nurse	32.7
Midwife	0.0	Midwife	1.9
Friend(s)	42.6	Friend	16.4
Another female relative	50.9	Another female relative	21.8
WIC counselor or staff	83.6	WIC counselor or staff	32.1
Non-WIC lactation consultant (specialist)	23.6		
La Leche League counselor	1.9		
Anyone with church (reverend, pastor, priest, rabbi)	11.1		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	90.7	3.7	5.6
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	64.8	3.7	31.5
Infants who are breastfed or receive pumped breast milk do not get sick as often	70.4	7.4	22.2
Breastfeeding has benefits for mothers	74.1	3.7	22.2
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	55.6	5.6	38.9

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	51.9	1.9	46.3
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	39.6	56.6	3.8
In the long run, formula fed babies are just as healthy as breastfed babies	61.1	33.3	5.6
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	79.6	9.3	11.1
It is okay for women to breastfeed in public places like restaurants, parks, etc.	75.9	24.1	0.0
Breastfeeding allows you to control your time more than formula feeding	25.9	48.1	25.9
People in your community think it is important for women to breastfeed	36.5	63.5	0.0
Your family thinks mothers should breastfeed	46.3	44.4	9.3
Newly developed formulas are just as good for infants as breast milk	28.8	55.8	15.4
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	51.9	31.5	16.7
Women who breastfeed have saggy breasts	15.1	58.5	26.4
It is okay for women to breastfeed if there are men in the room	50.9	35.8	13.2
It is okay for women to breastfeed if other women are in the room	69.8	28.3	1.9
I would encourage my friends to breastfeed	61.1	38.9	0.0



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY # 11 – GALVESTON COUNTY WIC PROGRAM (N=131)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	3.6	White	16.3	Less than high school diploma	27.1
18-24	41.8	African American	25.6	High school diploma/GED	36.4
25-29	30.0	Hispanic	51.2	Vocational/technical school graduate	5.4
30-34	21.8	Other	7.0	Some college	22.5
35-39	2.7			College degree (BA, AA)	7.0
40+	0.0			Beyond college/Graduate school	1.6

BREASTFEEDING DURATION

Duration	%
Never	40.7
Less than 1 week	9.3
1-2 weeks	5.9
3-4 weeks	6.8
1-3 months	10.2
4-6 months	5.9
7-11 months	6.8
12 months or more	5.9
Still breastfeeding	8.5

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	10.4
Soy milk	7.0
Formula	51.7
Juice	16.7
Tea	11.1
Sugar water	8.7
Cereal	21.4
Other foods	11.8

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS	FOR MORE THAN 3 MONTHS
Breastfed exclusively for at least 7 months 1.8%	Breastfed exclusively for at least 4 months 17.5%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	75.9
Your baby stayed in the same room as you	56.4
You breastfed your baby in the hospital	58.1
You breastfed your baby in the first hour after your baby was born	40.7
The hospital staff helped you learn how to breastfeed	52.2
Your baby had only breast milk at the hospital	19.3
The hospital staff told you to breastfeed whenever your baby wanted	48.2
The hospital staff gave you a gift pack that included formula	81.9
The hospital staff gave you a telephone number to call for help when breastfeeding	48.2
Your baby used a pacifier in the hospital	52.6
Your baby got sugar water (glucose water)	13.8

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	29.3
Had to go back to work or school	46.3
My husband/partner did not want me to	20.0
I was sick or taking medication	25.6
I could not drink alcohol	12.5
I could not smoke cigarettes	12.5
I did not think my baby would get enough milk	40.0
My friends did not want me to	7.5
My family did not want me to	7.5
No one could answer my questions about breastfeeding	14.6
My baby was too sick	5.0
I was not producing enough milk	20
I did not have a private place to breastfeed	12.5
I wanted to go on a diet to lose weight	17.1
I had too many other things to do	26.3

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	24.0
Going back to work or school	36.0
My husband/partner wanted me to stop	4.1
I got sick or started taking medication	12.0
I could not drink alcohol	2.0
I could not smoke cigarettes	10.2
I did not think my baby was getting enough milk	46.2
My friends wanted me to stop	2.0
My family wanted me to stop	2.0
No one could answer my questions about breastfeeding	2.0
My baby got sick	8.0
I was not producing enough milk	35.8
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	14.3
I had too many other things to do	17.3

I did not want to breastfeed	70.0
People told me it was really hard	25.0
I did not think I would be able to	27.5

I breastfed long enough for my baby to get the benefits	48.1
I was afraid my baby would bite or hurt me	17.6
Breastfeeding was tiring for me	16.3
Breastfeeding gave me sore nipples/breasts	28.8
Breastfeeding made me feel sad or unhappy	4.1
I could not tell how much my baby ate	39.2
I felt embarrassed breastfeeding in front of others	4.1
Breastfeeding was strange once my baby got older	8.2
My husband/partner wanted to feed the baby	19.6
My baby wanted to breastfeed all the time	27.5
I wanted/needed someone else to feed the baby	13.7
I got pregnant again	4.0
Baby wasn't gaining enough weight	12.0

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	59.2	Mother	45.6
Sister(s)	36.1	Sister	20.8
Husband/partner	54.0	Husband/partner	47.5
Doctor	75.0	Doctor	43.9
Baby's doctor (pediatrician)	64.2	Baby's doctor (pediatrician)	42.9
Grandmother	36.1	Grandmother	20.0
Nurse	59.7	Nurse	32.5
Midwife	22.9	Midwife	16.1
Friend(s)	40.0	Friend	22.0
Another female relative	48.3	Another female relative	22.7
WIC counselor or staff	83.5	WIC counselor or staff	42.1
Non-WIC lactation consultant (specialist)	35.8		
La Leche League counselor	16.5		
Anyone with church (reverend, pastor, priest, rabbi)	14.5		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	77.8	4.0	18.3
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	59.2	5.6	35.2
Infants who are breastfed or receive pumped breast milk do not get sick as often	69.1	7.3	23.6
Breastfeeding has benefits for mothers	68.3	4.9	26.8
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	58.5	5.7	35.8

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	42.6	2.5	54.9
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	52.1	30.8	17.1
In the long run, formula fed babies are just as healthy as breastfed babies	53.4	19.0	27.6
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	65.3	21.2	13.6
It is okay for women to breastfeed in public places like restaurants, parks, etc.	59.5	28.4	12.1
Breastfeeding allows you to control your time more than formula feeding	35	30.8	34.2
People in your community think it is important for women to breastfeed	35.3	50.9	13.8
Your family thinks mothers should breastfeed	49.2	31.4	19.5
Newly developed formulas are just as good for infants as breast milk	42.0	36.1	21.8
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	47.0	26.5	26.5
Women who breastfeed have saggy breasts	19.3	46.2	34.5
It is okay for women to breastfeed if there are men in the room	42.0	36.1	21.8
It is okay for women to breastfeed if other women are in the room	65.3	21.2	13.6
I would encourage my friends to breastfeed	64.2	23.3	12.5



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY # 12 – HIDALGO COUNTY WIC PROGRAM (N=158)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	4.5	White	3.9	Less than high school diploma	35.8
18-24	35.6	African American	4.6	High school diploma/GED	33.1
25-29	31.1	Hispanic	88.8	Vocational/technical school graduate	11.5
30-34	18.9	Other	2.6	Some college	12.8
35-39	7.6			College degree (BA, AA)	6.1
40+	2.3			Beyond college/Graduate school	0.7

BREASTFEEDING DURATION

Duration	%
Never	17.1
Less than 1 week	6.2
1-2 weeks	6.8
3-4 weeks	4.1
1-3 months	17.1
4-6 months	13
7-11 months	15.8
12 months or more	8.9
Still breastfeeding	11.0

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	11.3
Soy milk	4.7
Formula	54.8
Juice	12.0
Tea	18.5
Sugar water	8.7
Cereal	22.1
Other foods	17.0

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS	FOR MORE THAN 3 MONTHS
Breastfed exclusively for at least 7 months 4.5%	Breastfed exclusively for at least 4 months 12.6%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	77.9
Your baby stayed in the same room as you	70.5
You breastfed your baby in the hospital	75.4
You breastfed your baby in the first hour after your baby was born	40.0
The hospital staff helped you learn how to breastfeed	56.2
Your baby had only breast milk at the hospital	18.8
The hospital staff told you to breastfeed whenever your baby wanted	54.4
The hospital staff gave you a gift pack that included formula	87.6
The hospital staff gave you a telephone number to call for help when breastfeeding	54.7
Your baby used a pacifier in the hospital	55.8
Your baby got sugar water (glucose water)	7.0

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	50
Had to go back to work or school	38.5
My husband/partner did not want me to	8.3
I was sick or taking medication	7.7
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	25
My friends did not want me to	0.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	8.3
My baby was too sick	0.0
I was not producing enough milk	50.0
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	27.3
I had too many other things to do	9.1

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	40.9
Going back to work or school	31.8
My husband/partner wanted me to stop	2.5
I got sick or started taking medication	9.5
I could not drink alcohol	1.2
I could not smoke cigarettes	1.2
I did not think my baby was getting enough milk	39.1
My friends wanted me to stop	1.2
My family wanted me to stop	1.2
No one could answer my questions about breastfeeding	6.0
My baby got sick	2.4
I was not producing enough milk	42.5
I did not have a private place to breastfeed	3.7
I wanted to go on a diet to lose weight	6.1
I had too many other things to do	12.0

I did not want to breastfeed	57.1
People told me it was really hard	8.3
I did not think I would be able to	33.3

I breastfed long enough for my baby to get the benefits	33.7
I was afraid my baby would bite or hurt me	16.5
Breastfeeding was tiring for me	7.1
Breastfeeding gave me sore nipples/breasts	30.1
Breastfeeding made me feel sad or unhappy	2.4
I could not tell how much my baby ate	33.3
I felt embarrassed breastfeeding in front of others	14.5
Breastfeeding was strange once my baby got older	11
My husband/partner wanted to feed the baby	8.8
My baby wanted to breastfeed all the time	9.8
I wanted/needed someone else to feed the baby	6.0
I got pregnant again	9.0
Baby wasn't gaining enough weight	9.6

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	79.7	Mother	53.8
Sister(s)	51.4	Sister	30.2
Husband/partner	68.5	Husband/partner	54.9
Doctor	73.5	Doctor	53.2
Baby's doctor (pediatrician)	72.5	Baby's doctor (pediatrician)	51.4
Grandmother	45.5	Grandmother	26.1
Nurse	65.5	Nurse	41.0
Midwife	9.7	Midwife	7.6
Friend(s)	51.1	Friend	25.2
Another female relative	53.7	Another female relative	34.8
WIC counselor or staff	91.0	WIC counselor or staff	66.7
Non-WIC lactation consultant (specialist)	36.7		
La Leche League counselor	8.2		
Anyone with church (reverend, pastor, priest, rabbi)	9.0		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	93.8	3.5	2.8
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	78.9	3.5	17.6
Infants who are breastfed or receive pumped breast milk do not get sick as often	83.7	5.0	11.3
Breastfeeding has benefits for mothers	78.6	0.7	20.7
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	74.6	2.8	22.5

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	53.6	2.9	43.6
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	70.8	26.3	2.9
In the long run, formula fed babies are just as healthy as breastfed babies	53.9	27.7	18.4
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	76.4	17.9	5.7
It is okay for women to breastfeed in public places like restaurants, parks, etc.	70.1	15.7	14.2
Breastfeeding allows you to control your time more than formula feeding	64.7	27.2	8.1
People in your community think it is important for women to breastfeed	61.8	32.4	5.9
Your family thinks mothers should breastfeed	78.4	17.2	4.5
Newly developed formulas are just as good for infants as breast milk	51.5	23.9	24.6
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	68.4	18.0	13.5
Women who breastfeed have saggy breasts	24.8	44.5	30.7
It is okay for women to breastfeed if there are men in the room	41.60	35.8	22.6
It is okay for women to breastfeed if other women are in the room	80.4	15.2	4.3
I would encourage my friends to breastfeed	84.7	13.1	2.2



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #13 (N= 124)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	6.2	White	3.3	Less than high school diploma	38.1
18-24	31.0	African American	0.0	High school diploma/GED	22.9
25-29	22.1	Hispanic	96.7	Vocational/technical school graduate	8.5
30-34	26.5	Other	0.0	Some college	24.6
35-39	14.2			College degree (BA, AA)	5.1
40+	0.0			Beyond college/Graduate school	0.8

BREASTFEEDING DURATION

Duration	%
Never	28.9
Less than 1 week	13.2
1-2 weeks	14.0
3-4 weeks	13.2
1-3 months	9.6
4-6 months	7.9
7-11 months	4.4
12 months or more	3.5
Still breastfeeding	5.3

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	3.5
Soy milk	4.0
Formula	55.7
Juice	1.6
Tea	2.3
Sugar water	0.0
Cereal	17.5
Other foods	21.7

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 3.1%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 13.8%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	70.5
Your baby stayed in the same room as you	87.2
You breastfed your baby in the hospital	53.2
You breastfed your baby in the first hour after your baby was born	28.8
The hospital staff helped you learn how to breastfeed	48.2
Your baby had only breast milk at the hospital	18.2
The hospital staff told you to breastfeed whenever your baby wanted	53.6
The hospital staff gave you a gift pack that included formula	93.6
The hospital staff gave you a telephone number to call for help when breastfeeding	42.3
Your baby used a pacifier in the hospital	44.0
Your baby got sugar water (glucose water)	1.9

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	28.6
Had to go back to work or school	30.8
My husband/partner did not want me to	4.0
I was sick or taking medication	22.2
I could not drink alcohol	4.0
I could not smoke cigarettes	4.0
I did not think my baby would get enough milk	23.1
My friends did not want me to	0.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	8.3
My baby was too sick	0.0
I was not producing enough milk	20.0
I did not have a private place to breastfeed	12.5
I wanted to go on a diet to lose weight	4.2
I had too many other things to do	4.2

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	26.2
Going back to work or school	31.7
My husband/partner wanted me to stop	1.7
I got sick or started taking medication	15.0
I could not drink alcohol	1.7
I could not smoke cigarettes	1.7
I did not think my baby was getting enough milk	39.7
My friends wanted me to stop	1.7
My family wanted me to stop	1.7
No one could answer my questions about breastfeeding	5.0
My baby got sick	6.6
I was not producing enough milk	54.1
I did not have a private place to breastfeed	6.7
I wanted to go on a diet to lose weight	3.4
I had too many other things to do	6.8

I did not want to breastfeed	53.8
People told me it was really hard	16.7
I did not think I would be able to	47.8

I breastfed long enough for my baby to get the benefits	25.0
I was afraid my baby would bite or hurt me	18.0
Breastfeeding was tiring for me	8.5
Breastfeeding gave me sore nipples/breasts	33.9
Breastfeeding made me feel sad or unhappy	3.3
I could not tell how much my baby ate	31.7
I felt embarrassed breastfeeding in front of others	20.0
Breastfeeding was strange once my baby got older	6.8
My husband/partner wanted to feed the baby	12.1
My baby wanted to breastfeed all the time	15.0
I wanted/needed someone else to feed the baby	6.8
I got pregnant again	6.8

Baby wasn't gaining enough weight 1.7

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	71.2	Mother	37.8
Sister(s)	44.7	Sister	21.2
Husband/partner	57.8	Husband/partner	42.2
Doctor	72.6	Doctor	42.6
Baby's doctor (pediatrician)	64.3	Baby's doctor (pediatrician)	47.9
Grandmother	40.7	Grandmother	22.3
Nurse	57.5	Nurse	37.5
Midwife	6.2	Midwife	1.8
Friend(s)	45.6	Friend	15.9
Another female relative	54.8	Another female relative	26.5
WIC counselor or staff	92.3	WIC counselor or staff	62.4
Non-WIC lactation consultant (specialist)	37.9		
La Leche League counselor	6.4		
Anyone with church (reverend, pastor, priest, rabbi)	9.8		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	93.4	1.7	5.0
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	82.6	3.3	14.0
Infants who are breastfed or receive pumped breast milk do not get sick as often	82.6	5.8	11.6
Breastfeeding has benefits for mothers	76.7	0.8	22.5
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	64.8	5.7	29.5

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	53.3	2.5	44.2
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	73.5	21.4	5.1
In the long run, formula fed babies are just as healthy as breastfed babies	67.8	14.4	17.8
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	83.8	6.8	9.4
It is okay for women to breastfeed in public places like restaurants, parks, etc.	69.5	16.9	13.6
Breastfeeding allows you to control your time more than formula feeding	60.9	14.8	24.3
People in your community think it is important for women to breastfeed	69.2	22.5	8.3
Your family thinks mothers should breastfeed	72.3	16.8	10.9
Newly developed formulas are just as good for infants as breast milk	66.4	15.5	18.1
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	64.4	13.6	22.0
Women who breastfeed have saggy breasts	29.4	38.7	31.9
It is okay for women to breastfeed if there are men in the room	40.4	36.0	23.7
It is okay for women to breastfeed if other women are in the room	79.0	12.6	8.4
I would encourage my friends to breastfeed	80.7	16.0	3.4



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #17 (N= 155)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	6.2	White	4.8	Less than high school diploma	51.8
18-24	45.4	African American	10.3	High school diploma/GED	23.7
25-29	24.6	Hispanic	82.9	Vocational/technical school graduate	5.0
30-34	17.7	Other	2.1	Some college	15.8
35-39	3.8			College degree (BA, AA)	2.9
40+	2.3			Beyond college/Graduate school	0.7

BREASTFEEDING DURATION

Duration	%
Never	20.4
Less than 1 week	3.6
1-2 weeks	6.6
3-4 weeks	10.2
1-3 months	12.4
4-6 months	13.9
7-11 months	10.9
12 months or more	8.8
Still breastfeeding	13.1

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	7.6
Soy milk	1.2
Formula	51.0
Juice	17.3
Tea	6.7
Sugar water	3.8
Cereal	13.4
Other foods	3.8

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 6.0%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 18.0%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	91.4
Your baby stayed in the same room as you	71.0
You breastfed your baby in the hospital	76.7
You breastfed your baby in the first hour after your baby was born	42.6
The hospital staff helped you learn how to breastfeed	64.0
Your baby had only breast milk at the hospital	20.2
The hospital staff told you to breastfeed whenever your baby wanted	66.9
The hospital staff gave you a gift pack that included formula	90.1
The hospital staff gave you a telephone number to call for help when breastfeeding	64.6
Your baby used a pacifier in the hospital	45.8
Your baby got sugar water (glucose water)	4.0

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	23.5	Baby seemed ready to stop	31.2
Had to go back to work or school	37.5	Going back to work or school	27.6
My husband/partner did not want me to	7.1	My husband/partner wanted me to stop	2.7
I was sick or taking medication	37.5	I got sick or started taking medication	13.0
I could not drink alcohol	0.0	I could not drink alcohol	0.0
I could not smoke cigarettes	0.0	I could not smoke cigarettes	1.4
I did not think my baby would get enough milk	26.7	I did not think my baby was getting enough milk	40.0
My friends did not want me to	0.0	My friends wanted me to stop	4.2
My family did not want me to	14.3	My family wanted me to stop	1.4
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	5.6
My baby was too sick	6.7	My baby got sick	1.4
I was not producing enough milk	31.3	I was not producing enough milk	46.9
I did not have a private place to breastfeed	0.0	I did not have a private place to breastfeed	6.9
I wanted to go on a diet to lose weight	0.0	I wanted to go on a diet to lose weight	1.3
I had too many other things to do	20.0	I had too many other things to do	5.6
I did not want to breastfeed	64.7	I breastfed long enough for my baby to get the benefits	43.4
People told me it was really hard	21.4	I was afraid my baby would bite or hurt me	16.5
I did not think I would be able to	0.0	Breastfeeding was tiring for me	9.5
		Breastfeeding gave me sore nipples/breasts	22.4
		Breastfeeding made me feel sad or unhappy	0.0
		I could not tell how much my baby ate	25.0
		I felt embarrassed breastfeeding in front of others	4.3
		Breastfeeding was strange once my baby got older	4.1
		My husband/partner wanted to feed the baby	11.1
		My baby wanted to breastfeed all the time	15.3
		I wanted/needed someone else to feed the baby	4.1
		I got pregnant again	4.0
		Baby wasn't gaining enough weight	12.5

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	72.6	Mother	50.4
Sister(s)	44.7	Sister	29.4
Husband/partner	71.3	Husband/partner	60.9
Doctor	74.6	Doctor	50.0
Baby's doctor (pediatrician)	71.5	Baby's doctor (pediatrician)	61.3
Grandmother	40.7	Grandmother	22.7
Nurse	73.0	Nurse	49.6
Midwife	25.6	Midwife	13.7
Friend(s)	53.2	Friend	22.3
Another female relative	59.8	Another female relative	28.9
WIC counselor or staff	83.7	WIC counselor or staff	57.9
Non-WIC lactation consultant (specialist)	43.7		
La Leche League counselor	15.0		
Anyone with church (reverend, pastor, priest, rabbi)	17.4		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	92.6	1.5	5.9
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	69.9	3.8	26.3
Infants who are breastfed or receive pumped breast milk do not get sick as often	80.5	3.8	15.8
Breastfeeding has benefits for mothers	74.2	3.0	22.7
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	60.9	7.5	31.6

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	48.9	0.8	50.4
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	61.3	32.8	5.9
In the long run, formula fed babies are just as healthy as breastfed babies	56.6	23.8	19.7
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	75.2	20.7	4.1
It is okay for women to breastfeed in public places like restaurants, parks, etc.	71.7	25.8	2.5
Breastfeeding allows you to control your time more than formula feeding	46.6	34.7	18.6
People in your community think it is important for women to breastfeed	58.0	33.6	8.4
Your family thinks mothers should breastfeed	67.8	25.6	6.6
Newly developed formulas are just as good for infants as breast milk	51.6	31.3	17.2
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	63.3	22.5	14.2
Women who breastfeed have saggy breasts	28.3	41.7	30.0
It is okay for women to breastfeed if there are men in the room	31.1	37.0	31.9
It is okay for women to breastfeed if other women are in the room	67.5	25.8	6.7
I would encourage my friends to breastfeed	77.0	20.5	2.5



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #19 (N=87)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	2.5	White	4.7	Less than high school diploma	28.0
18-24	48.1	African American	0.0	High school diploma/GED	40.2
25-29	24.1	Hispanic	95.3	Vocational/technical school graduate	4.9
30-34	19.0	Other	0.0	Some college	22.0
35-39	6.3			College degree (BA, AA)	4.9
40+	0.0			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	57.3
Less than 1 week	11.0
1-2 weeks	4.9
3-4 weeks	3.7
1-3 months	7.3
4-6 months	6.1
7-11 months	4.9
12 months or more	2.4
Still breastfeeding	2.4

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	7.1
Soy milk	0.0
Formula	51.6
Juice	20.0
Tea	12.0
Sugar water	0.0
Cereal	28.6
Other foods	22.6

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 3.1%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 6.3%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	94.0
Your baby stayed in the same room as you	85.5
You breastfed your baby in the hospital	43.4
You breastfed your baby in the first hour after your baby was born	26.5
The hospital staff helped you learn how to breastfeed	57.8
Your baby had only breast milk at the hospital	10.8
The hospital staff told you to breastfeed whenever your baby wanted	40.2
The hospital staff gave you a gift pack that included formula	89.0
The hospital staff gave you a telephone number to call for help when breastfeeding	56.1
Your baby used a pacifier in the hospital	66.7
Your baby got sugar water (glucose water)	17.5

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	15.6	Baby seemed ready to stop	31.0
Had to go back to work or school	28.9	Going back to work or school	34.5
My husband/partner did not want me to	6.7	My husband/partner wanted me to stop	0.0
I was sick or taking medication	22.2	I got sick or started taking medication	10.0
I could not drink alcohol	2.2	I could not drink alcohol	0.0
I could not smoke cigarettes	6.8	I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	22.2	I did not think my baby was getting enough milk	39.3
My friends did not want me to	0.0	My friends wanted me to stop	3.4
My family did not want me to	2.2	My family wanted me to stop	3.4
No one could answer my questions about breastfeeding	2.2	No one could answer my questions about breastfeeding	3.4
My baby was too sick	0.0	My baby got sick	0.0
I was not producing enough milk	17.8	I was not producing enough milk	40.0
I did not have a private place to breastfeed	2.2	I did not have a private place to breastfeed	6.9
I wanted to go on a diet to lose weight	6.7	I wanted to go on a diet to lose weight	0.0
I had too many other things to do	15.6	I had too many other things to do	13.8
I did not want to breastfeed	54.3	I breastfed long enough for my baby to get the benefits	27.6
People told me it was really hard	19.6	I was afraid my baby would bite or hurt me	10.3
I did not think I would be able to	21.7	Breastfeeding was tiring for me	3.6
		Breastfeeding gave me sore nipples/breasts	13.3
		Breastfeeding made me feel sad or unhappy	0.0
		I could not tell how much my baby ate	39.3
		I felt embarrassed breastfeeding in front of others	3.4
		Breastfeeding was strange once my baby got older	3.4
		My husband/partner wanted to feed the baby	6.9
		My baby wanted to breastfeed all the time	10.3
		I wanted/needed someone else to feed the baby	13.8
		I got pregnant again	0.0
		Baby wasn't gaining enough weight	6.9

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	55.3	Mother	39.0
Sister(s)	36.9	Sister	20.2
Husband/partner	42.2	Husband/partner	26.5
Doctor	74.1	Doctor	39.0
Baby's doctor (pediatrician)	70.2	Baby's doctor (pediatrician)	41.5
Grandmother	24.1	Grandmother	13.4
Nurse	62.7	Nurse	23.2
Midwife	12.0	Midwife	2.4
Friend(s)	34.9	Friend	14.5
Another female relative	46.4	Another female relative	16.9
WIC counselor or staff	85.4	WIC counselor or staff	47.6
Non-WIC lactation consultant (specialist)	29.8		
La Leche League counselor	15.7		
Anyone with church (reverend, pastor, priest, rabbi)	8.4		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	88.9	1.2	9.9
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	60.5	8.6	30.9
Infants who are breastfed or receive pumped breast milk do not get sick as often	76.3	6.3	17.5
Breastfeeding has benefits for mothers	68.8	5.0	26.3
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	50.0	3.8	46.3

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	34.2	0.0	65.8
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	50.6	42.9	6.5
In the long run, formula fed babies are just as healthy as breastfed babies	70.1	15.6	14.3
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	78.2	15.4	6.4
It is okay for women to breastfeed in public places like restaurants, parks, etc.	64.1	24.4	11.5
Breastfeeding allows you to control your time more than formula feeding	42.3	37.2	20.5
People in your community think it is important for women to breastfeed	54.5	37.7	7.8
Your family thinks mothers should breastfeed	55.1	21.8	23.1
Newly developed formulas are just as good for infants as breast milk	59.0	25.6	15.4
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	53.8	16.7	29.5
Women who breastfeed have saggy breasts	24.4	48.7	26.9
It is okay for women to breastfeed if there are men in the room	44.2	28.6	27.3
It is okay for women to breastfeed if other women are in the room	73.1	21.8	5.1
I would encourage my friends to breastfeed	63.6	33.8	2.6



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #20 (N=115)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	5.9	White	15.6	Less than high school diploma	32.1
18-24	52.0	African American	1.8	High school diploma/GED	41.3
25-29	27.5	Hispanic	81.7	Vocational/technical school graduate	6.4
30-34	11.8	Other	0.9	Some college	15.6
35-39	2.9			College degree (BA, AA)	1.8
40+	0.0			Beyond college/Graduate school	2.8

BREASTFEEDING DURATION

Duration	%
Never	41.1
Less than 1 week	5.6
1-2 weeks	3.7
3-4 weeks	11.2
1-3 months	15.0
4-6 months	6.5
7-11 months	3.7
12 months or more	2.8
Still breastfeeding	10.3

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	9.3
Soy milk	4.3
Formula	57.4
Juice	19.0
Tea	14.6
Sugar water	7.8
Cereal	20.0
Other foods	12.5

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 0.0%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 8.6%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	81.7
Your baby stayed in the same room as you	89.5
You breastfed your baby in the hospital	59.4
You breastfed your baby in the first hour after your baby was born	37.1
The hospital staff helped you learn how to breastfeed	51.9
Your baby had only breast milk at the hospital	27.4
The hospital staff told you to breastfeed whenever your baby wanted	45.1
The hospital staff gave you a gift pack that included formula	88.6
The hospital staff gave you a telephone number to call for help when breastfeeding	58.3
Your baby used a pacifier in the hospital	63.8
Your baby got sugar water (glucose water)	20.6

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	21.6	Baby seemed ready to stop	17.4
Had to go back to work or school	25.0	Going back to work or school	33.3
My husband/partner did not want me to	8.1	My husband/partner wanted me to stop	0.0
I was sick or taking medication	13.5	I got sick or started taking medication	14.6
I could not drink alcohol	0.0	I could not drink alcohol	0.0
I could not smoke cigarettes	0.0	I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	21.6	I did not think my baby was getting enough milk	62.2
My friends did not want me to	0.0	My friends wanted me to stop	0.0
My family did not want me to	2.7	My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	0.0
My baby was too sick	0.0	My baby got sick	2.4
I was not producing enough milk	15.4	I was not producing enough milk	45.8
I did not have a private place to breastfeed	2.7	I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	5.4	I wanted to go on a diet to lose weight	7.3
I had too many other things to do	15.8	I had too many other things to do	14.6
I did not want to breastfeed	65.8	I breastfed long enough for my baby to get the benefits	21.4
People told me it was really hard	16.2	I was afraid my baby would bite or hurt me	11.9
I did not think I would be able to	24.3	Breastfeeding was tiring for me	12.2
		Breastfeeding gave me sore nipples/breasts	34.1
		Breastfeeding made me feel sad or unhappy	2.4
		I could not tell how much my baby ate	47.6
		I felt embarrassed breastfeeding in front of others	12.2
		Breastfeeding was strange once my baby got older	5.0
		My husband/partner wanted to feed the baby	17.1
		My baby wanted to breastfeed all the time	27.9
		I wanted/needed someone else to feed the baby	4.9
		I got pregnant again	13.3
		Baby wasn't gaining enough weight	2.4

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	56.9	Mother	39.6
Sister(s)	30.8	Sister	14.6
Husband/partner	47.7	Husband/partner	46.7
Doctor	72.2	Doctor	43.8
Baby's doctor (pediatrician)	75.2	Baby's doctor (pediatrician)	43.7
Grandmother	28.8	Grandmother	19.6
Nurse	71.4	Nurse	40.2
Midwife	3.9	Midwife	4.0
Friend(s)	29.2	Friend	12.7
Another female relative	43.9	Another female relative	26.5
WIC counselor or staff	88.9	WIC counselor or staff	58.8
Non-WIC lactation consultant (specialist)	27.7		
La Leche League counselor	5.0		
Anyone with church (reverend, pastor, priest, rabbi)	10.8		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	92.0	2.7	5.4
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	73.0	7.2	19.8
Infants who are breastfed or receive pumped breast milk do not get sick as often	75.7	6.3	18.0
Breastfeeding has benefits for mothers	79.1	2.7	18.2
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	62.2	7.2	30.6

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	33.6	3.6	62.7
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	46.3	43.5	10.2
In the long run, formula fed babies are just as healthy as breastfed babies	59.1	20.0	20.9
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	69.7	18.3	11.9
It is okay for women to breastfeed in public places like restaurants, parks, etc.	63.9	22.2	13.9
Breastfeeding allows you to control your time more than formula feeding	40.0	30.0	30.0
People in your community think it is important for women to breastfeed	32.1	50.5	17.4
Your family thinks mothers should breastfeed	51.8	30.0	18.2
Newly developed formulas are just as good for infants as breast milk	46.3	28.7	25.0
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	65.5	12.7	21.8
Women who breastfeed have saggy breasts	25.7	47.7	26.6
It is okay for women to breastfeed if there are men in the room	35.2	43.5	21.3
It is okay for women to breastfeed if other women are in the room	69.7	20.2	10.1
I would encourage my friends to breastfeed	67.6	26.9	5.6



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #21 – CITY OF WICHITA FALLS/WICHITA COUNTY WIC PROGRAM (N=87)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	6.1	White	43.0	Less than high school diploma	15.7
18-24	57.3	African American	11.6	High school diploma/GED	41.0
25-29	19.5	Hispanic	38.4	Vocational/technical school graduate	4.8
30-34	13.4	Other	7.0	Some college	27.7
35-39	1.2			College degree (BA, AA)	8.4
40+	2.4			Beyond college/Graduate school	2.4

BREASTFEEDING DURATION

Duration	%
Never	33.7
Less than 1 week	6.0
1-2 weeks	10.8
3-4 weeks	3.6
1-3 months	21.7
4-6 months	10.8
7-11 months	4.8
12 months or more	1.2
Still breastfeeding	7.2

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	15.7
Soy milk	2.1
Formula	55.6
Juice	15.1
Tea	8.5
Sugar water	8.0
Cereal	19.6
Other foods	18.0

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 1.9%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 9.4%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	87.7
Your baby stayed in the same room as you	88.2
You breastfed your baby in the hospital	63.1
You breastfed your baby in the first hour after your baby was born	45.8
The hospital staff helped you learn how to breastfeed	58.5
Your baby had only breast milk at the hospital	29.8
The hospital staff told you to breastfeed whenever your baby wanted	44.4
The hospital staff gave you a gift pack that included formula	84.5
The hospital staff gave you a telephone number to call for help when breastfeeding	57.8
Your baby used a pacifier in the hospital	78.6
Your baby got sugar water (glucose water)	15.2

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	28.0	Baby seemed ready to stop	12.2
Had to go back to work or school	42.3	Going back to work or school	33.3
My husband/partner did not want me to	0.0	My husband/partner wanted me to stop	0.0
I was sick or taking medication	20	I got sick or started taking medication	16.7
I could not drink alcohol	4.2	I could not drink alcohol	5.1
I could not smoke cigarettes	4.2	I could not smoke cigarettes	7.7
I did not think my baby would get enough milk	25.0	I did not think my baby was getting enough milk	50.0
My friends did not want me to	0.0	My friends wanted me to stop	0.0
My family did not want me to	0.0	My family wanted me to stop	2.5
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	2.5
My baby was too sick	4.2	My baby got sick	5.0
I was not producing enough milk	12.5	I was not producing enough milk	40.5
I did not have a private place to breastfeed	4.2	I did not have a private place to breastfeed	0.0
I wanted to go on a diet to loose weight	8.3	I wanted to go on a diet to loose weight	2.6
I had too many other things to do	12.5	I had too many other things to do	15.0
I did not want to breastfeed	52.0	I breastfed long enough for my baby to get the benefits	23.8
People told me it was really hard	12.5	I was afraid my baby would bit or hurt me	7.3
I did not think I would be able to	20.8	Breastfeeding was tiring for me	12.2
		Breastfeeding gave me sore nipples/breasts	30.0
		Breastfeeding made me feel sad or unhappy	5.1
		I could not tell how much my baby ate	30.0
		I felt embarrassed breastfeeding in front of others	7.7
		Breastfeeding was strange once my baby got older	7.5
		My husband/partner wanted to feed the baby	10.0
		My baby wanted to breastfeed all the time	5.0
		I wanted/needed someone else to feed the baby	15.0
		I got pregnant again	5.0
		Baby wasn't gaining enough weight	12.5

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	65.1	Mother	37.0
Sister(s)	27.5	Sister	11.1
Husband/partner	51.2	Husband/partner	44.4
Doctor	62.2	Doctor	42.5
Baby's doctor (pediatrician)	56.1	Baby's doctor (pediatrician)	43.8
Grandmother	32.1	Grandmother	11.3
Nurse	62.2	Nurse	35.0
Midwife	6.6	Midwife	5.1
Friend(s)	41.5	Friend	22.5
Another female relative	46.3	Another female relative	20.0
WIC counselor or staff	82.4	WIC counselor or staff	37.3
Non-WIC lactation consultant (specialist)	27.5		
La Leche League counselor	7.7		
Anyone with church (reverend, pastor, priest, rabbi)	13.0		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	84.2	2.4	13.1
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	69.0	4.8	26.2
Infants who are breastfed or receive pumped breast milk do not get sick as often	68.7	8.4	22.9
Breastfeeding has benefits for mothers	81.9	1.2	16.9
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	57.8	3.6	38.6

KNOWLEDGE/AWARENESS (N=84)

In Texas, there is a law that gives women the right to breastfeed their babies in public	56.0	2.4	41.7
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	51.9	40.5	7.6
In the long run, formula fed babies are just as healthy as breastfed babies	57.5	27.5	15.0
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	73.4	19	7.6
It is okay for women to breastfeed in public places like restaurants, parks, etc.	76.3	13.8	10.0
Breastfeeding allows you to control your time more than formula feeding	36.7	41.8	21.5
People in your community think it is important for women to breastfeed	39.5	54.3	6.2
Your family thinks mothers should breastfeed	53.7	32.9	13.4
Newly developed formulas are just as good for infants as breast milk	42.7	36.6	20.7
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	54.3	19.8	25.9
Women who breastfeed have saggy breasts	17.3	53.1	29.6
It is okay for women to breastfeed if there are men in the room	67.1	24.1	8.9
It is okay for women to breastfeed if other women are in the room	80.2	17.3	2.5
I would encourage my friends to breastfeed	67.9	29.6	2.5



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #22 – CITY OF WACO/ MCLENNAN COUNTY WIC PROGRAM (N=79)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	4.2	White	25.3	Less than high school diploma	38.5
18-24	47.2	African American	24.1	High school diploma/GED	35.9
25-29	33.3	Hispanic	49.4	Vocational/technical school graduate	1.3
30-34	13.9	Other	1.3	Some college	17.9
35-39	1.4			College degree (BA, AA)	6.4
40+	4.2			Beyond college/Graduate school	0

BREASTFEEDING DURATION

Duration	%
Never	38.2
Less than 1 week	14.5
1-2 weeks	7.9
3-4 weeks	5.3
1-3 months	14.5
4-6 months	7.9
7-11 months	5.3
12 months or more	14.5
Still breastfeeding	6.6

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	19
Soy milk	0.0
Formula	51.1
Juice	14.0
Tea	10.5
Sugar water	12.8
Cereal	16.7
Other foods	6.7

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 4.3%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 15.2%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	84.2
Your baby stayed in the same room as you	70.3
You breastfed your baby in the hospital	56.6
You breastfed your baby in the first hour after your baby was born	31.6
The hospital staff helped you learn how to breastfeed	52.6
Your baby had only breast milk at the hospital	16.0
The hospital staff told you to breastfeed whenever your baby wanted	56.2
The hospital staff gave you a gift pack that included formula	88.0
The hospital staff gave you a telephone number to call for help when breastfeeding	58.9
Your baby used a pacifier in the hospital	52.6
Your baby got sugar water (glucose water)	11.3

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	34.6
Had to go back to work or school	37.5
My husband/partner did not want me to	4.3
I was sick or taking medication	17.4
I could not drink alcohol	0.0
I could not smoke cigarettes	8.3
I did not think my baby would get enough milk	8.7
My friends did not want me to	0.0
My family did not want me to	4.3
No one could answer my questions about breastfeeding	4.3
My baby was too sick	0.0
I was not producing enough milk	8.0
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to loose weight	4.3
I had too many other things to do	16.7

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	25.7
Going back to work or school	36.1
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	8.1
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby was getting enough milk	48.7
My friends wanted me to stop	0.0
My family wanted me to stop	2.9
No one could answer my questions about breastfeeding	2.9
My baby got sick	2.9
I was not producing enough milk	34.3
I did not have a private place to breastfeed	2.9
I wanted to go on a diet to loose weight	5.9
I had too many other things to do	5.9

I did not want to breastfeed	56.0
People told me it was really hard	9.1
I did not think I would be able to	9.1

I breastfed long enough for my baby to get the benefits	27.8
I was afraid my baby would bit or hurt me	2.9
Breastfeeding was tiring for me	11.4
Breastfeeding gave me sore nipples/breasts	35.1
Breastfeeding made me feel sad or unhappy	2.9
I could not tell how much my baby ate	28.6
I felt embarrassed breastfeeding in front of others	5.7
Breastfeeding was strange once my baby got older	2.9
My husband/partner wanted to feed the baby	11.1
My baby wanted to breastfeed all the time	16.7
I wanted/needed someone else to feed the baby	11.4
I got pregnant again	0.0
Baby wasn't gaining enough weight	5.7

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	57.3	Mother	39.5
Sister(s)	36.2	Sister	18.3
Husband/partner	65.3	Husband/partner	48.6
Doctor	85.3	Doctor	56.9
Baby's doctor (pediatrician)	79.2	Baby's doctor (pediatrician)	51.4
Grandmother	23.9	Grandmother	14.1
Nurse	70.3	Nurse	40.8
Midwife	6.0	Midwife	4.3
Friend(s)	52.8	Friend	28.2
Another female relative	52.8	Another female relative	27.8
WIC counselor or staff	94.7	WIC counselor or staff	60.3
Non-WIC lactation consultant (specialist)	39.4		
La Leche League counselor	12.1		
Anyone with church (reverend, pastor, priest, rabbi)	15.2		

BELIEFS REGARDING BREASTFEEDING (N=77)

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	94.8	1.3	3.9
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	75.3	3.9	20.8
Infants who are breastfed or receive pumped breast milk do not get sick as often	81.8	3.9	14.3
Breastfeeding has benefits for mothers	81.6	3.9	14.5
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	68.4	7.9	23.7

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	60.5	0.0	39.5
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	63	27.4	9.6
In the long run, formula fed babies are just as healthy as breastfed babies	62.7	22.7	14.7
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	76.7	8.2	15.1
It is okay for women to breastfeed in public places like restaurants, parks, etc.	64.4	26.0	9.6
Breastfeeding allows you to control your time more than formula feeding	47.3	31.1	21.6
People in your community think it is important for women to breastfeed	68.5	31.5	0.0
Your family thinks mothers should breastfeed	61.8	30.3	7.9
Newly developed formulas are just as good for infants as breast milk	47.9	31.5	20.5
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	67.1	18.4	14.5
Women who breastfeed have saggy breasts	20.0	52.0	28.0
It is okay for women to breastfeed if there are men in the room	37.7	39.0	23.4
It is okay for women to breastfeed if other women are in the room	88.2	10.5	1.3
I would encourage my friends to breastfeed	79.2	16.9	3.9



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY # 26 – CITY OF HOUSTON WIC PROGRAM (N=77)

RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	6.8	White	2.7	Less than high school diploma	47.9
18-24	35.6	African American	16.0	High school diploma/GED	31.5
25-29	28.8	Hispanic	76.0	Vocational/technical school graduate	6.8
30-34	16.9	Other	5.3	Some college	12.3
35-39	8.5			College degree (BA, AA)	1.4
40+	3.4			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	22.9
Less than 1 week	1.4
1-2 weeks	2.9
3-4 weeks	7.1
1-3 months	15.7
4-6 months	12.9
7-11 months	14.3
12 months or more	8.6
Still breastfeeding	14.3

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	10.0
Soy milk	2.7
Formula	51.1
Juice	14.6
Tea	11.1
Sugar water	2.7
Cereal	22.9
Other foods	11.1

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 6.8%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 18.6%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	84.1
Your baby stayed in the same room as you	72.1
You breastfed your baby in the hospital	74.3
You breastfed your baby in the first hour after your baby was born	44.9
The hospital staff helped you learn how to breastfeed	69.6
Your baby had only breast milk at the hospital	22.4
The hospital staff told you to breastfeed whenever your baby wanted	55.9
The hospital staff gave you a gift pack that included formula	89.7
The hospital staff gave you a telephone number to call for help when breastfeeding	62.7
Your baby used a pacifier in the hospital	44.1
Your baby got sugar water (glucose water)	3.1

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	38.5
Had to go back to work or school	40.0
My husband/partner did not want me to	11.1
I was sick or taking medication	0.0
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	22.2
My friends did not want me to	0.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	0.0
My baby was too sick	0.0
I was not producing enough milk	20.0
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to loose weight	20.0
I had too many other things to do	22.2

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	62.9
Going back to work or school	36.1
My husband/partner wanted me to stop	3.0
I got sick or started taking medication	23.7
I could not drink alcohol	6.3
I could not smoke cigarettes	9.4
I did not think my baby was getting enough milk	51.5
My friends wanted me to stop	2.9
My family wanted me to stop	3.0
No one could answer my questions about breastfeeding	5.9
My baby got sick	5.7
I was not producing enough milk	48.6
I did not have a private place to breastfeed	23.5
I wanted to go on a diet to loose weight	17.6
I had too many other things to do	3.0

I did not want to breastfeed	41.7
People told me it was really hard	20.0
I did not think I would be able to	0.0

I breastfed long enough for my baby to get the benefits	51.4
I was afraid my baby would bit or hurt me	23.5
Breastfeeding was tiring for me	13.9
Breastfeeding gave me sore nipples/breasts	37.1
Breastfeeding made me feel sad or unhappy	9.1
I could not tell how much my baby ate	42.9
I felt embarrassed breastfeeding in front of others	18.8
Breastfeeding was strange once my baby got older	17.6
My husband/partner wanted to feed the baby	23.5
My baby wanted to breastfeed all the time	23.5
I wanted/needed someone else to feed the baby	2.9
I got pregnant again	11.8
Baby wasn't gaining enough weight	17.6

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	76.7	Mother	47.9
Sister(s)	58.2	Sister	29.9
Husband/partner	78.3	Husband/partner	57.7
Doctor	80.6	Doctor	58.8
Baby's doctor (pediatrician)	73.9	Baby's doctor (pediatrician)	58.6
Grandmother	55.2	Grandmother	29.9
Nurse	71.6	Nurse	41.5
Midwife	32.8	Midwife	13.8
Friend(s)	59.7	Friend	31.3
Another female relative	62.7	Another female relative	41.2
WIC counselor or staff	89.2	WIC counselor or staff	59.2
Non-WIC lactation consultant (specialist)	48.5		
La Leche League counselor	21.9		
Anyone with church (reverend, pastor, priest, rabbi)	24.6		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	93	2.8	4.2
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	73.8	4.2	22.2
Infants who are breastfed or receive pumped breast milk do not get sick as often	78.9	2.8	18.3
Breastfeeding has benefits for mothers	80	2.9	17.1
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	66.2	2.8	31

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	40.3	4.2	55.6
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	66.7	24.2	9.1
In the long run, formula fed babies are just as healthy as breastfed babies	63.2	14.7	22.1
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	76.1	10.4	13.4
It is okay for women to breastfeed in public places like restaurants, parks, etc.	68.7	20.9	10.4
Breastfeeding allows you to control your time more than formula feeding	57.4	26.5	16.2
People in your community think it is important for women to breastfeed	76.8	20.3	2.9
Your family thinks mothers should breastfeed	84.7	5.6	9.7
Newly developed formulas are just as good for infants as breast milk	48.5	29.4	22.1
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	75.4	7.2	17.4
Women who breastfeed have saggy breasts	35.3	33.8	30.9
It is okay for women to breastfeed if there are men in the room	36.4	33.3	30.3
It is okay for women to breastfeed if other women are in the room	82.1	7.5	10.4
I would encourage my friends to breastfeed	80.0	11.4	8.6



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #31 – BELL COUNTY WIC PROGRAM (N=87)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	2.4	White	32.2	Less than high school diploma	14
18-24	47.6	African American	27.6	High school diploma/GED	47.7
25-29	29.3	Hispanic	33.3	Vocational/technical school graduate	3.5
30-34	12.2	Other	6.9	Some college	25.6
35-39	3.7			College degree (BA, AA)	8.1
40+	4.9			Beyond college/Graduate school	1.2

BREASTFEEDING DURATION

Duration	%
Never	31.8
Less than 1 week	9.4
1-2 weeks	8.2
3-4 weeks	5.9
1-3 months	15.3
4-6 months	16.5
7-11 months	4.7
12 months or more	8.2
Still breastfeeding	31.8

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	6.3
Soy milk	2.6
Formula	59.2
Juice	17.6
Tea	4.8
Sugar water	7.1
Cereal	36.0
Other foods	27.7

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING (N=54)

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 1.9%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 18.5%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

	Experience	%
	The hospital staff gave you information about breastfeeding	88.9
	Your baby stayed in the same room as you	90.2
	You breastfed your baby in the hospital	68.3
	You breastfed your baby in the first hour after your baby was born	52.4
	The hospital staff helped you learn how to breastfeed	57.3
	Your baby had only breast milk at the hospital	24.4
	The hospital staff told you to breastfeed whenever your baby wanted	57.5
	The hospital staff gave you a gift pack that included formula	85.4
	The hospital staff gave you a telephone number to call for help when breastfeeding	60.5
	Your baby used a pacifier in the hospital	68.3
	Your baby got sugar water (glucose water)	8.6

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	20.8	Baby seemed ready to stop	24.4
Had to go back to work or school	34.8	Going back to work or school	23.9
My husband/partner did not want me to	8.7	My husband/partner wanted me to stop	0.0
I was sick or taking medication	13.0	I got sick or started taking medication	18.2
I could not drink alcohol	0.0	I could not drink alcohol	4.3
I could not smoke cigarettes	17.4	I could not smoke cigarettes	2.2
I did not think my baby would get enough milk	27.3	I did not think my baby was getting enough milk	37.5
My friends did not want me to	0.0	My friends wanted me to stop	0.0
My family did not want me to	4.3	My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	0.0
My baby was too sick	0.0	My baby got sick	2.2
I was not producing enough milk	41.7	I was not producing enough milk	42.6
I did not have a private place to breastfeed	0.0	I did not have a private place to breastfeed	2.2
I wanted to go on a diet to loose weight	4.5	I wanted to go on a diet to loose weight	0.0
I had too many other things to do	4.5	I had too many other things to do	10.9
I did not want to breastfeed	60.0	I breastfed long enough for my baby to get the benefits	20.0
People told me it was really hard	8.7	I was afraid my baby would bit or hurt me	8.7
I did not think I would be able to	9.5	Breastfeeding was tiring for me	12.8
		Breastfeeding gave me sore nipples/breasts	19.1
		Breastfeeding made me feel sad or unhappy	2.3
		I could not tell how much my baby ate	13.3
		I felt embarrassed breastfeeding in front of others	2.2
		Breastfeeding was strange once my baby got older	6.8
		My husband/partner wanted to feed the baby	9.1
		My baby wanted to breastfeed all the time	11.1
		I wanted/needed someone else to feed the baby	20.0
		I got pregnant again	8.7
		Baby wasn't gaining enough weight	4.3

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	59.3	Mother	34.1
Sister(s)	22.0	Sister	14.3
Husband/partner	51.8	Husband/partner	47.6
Doctor	65.5	Doctor	34.1
Baby's doctor (pediatrician)	61.2	Baby's doctor (pediatrician)	37.8
Grandmother	28.9	Grandmother	16.5
Nurse	61.4	Nurse	29.4
Midwife	16.7	Midwife	7.1
Friend(s)	41.7	Friend	14.3
Another female relative	47.6	Another female relative	15.5
WIC counselor or staff	87.1	WIC counselor or staff	38.8
Non-WIC lactation consultant (specialist)	36.9		
La Leche League counselor	8.5		
Anyone with church (reverend, pastor, priest, rabbi)	9.6		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	87.8	3.7	8.5
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	56.6	6.0	37.3
Infants who are breastfed or receive pumped breast milk do not get sick as often	65.1	6.0	28.9
Breastfeeding has benefits for mothers	81.7	2.4	15.9
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	60.2	6.0	33.7

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	49.4	0.0	50.6
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	55.7	36.7	7.6
In the long run, formula fed babies are just as healthy as breastfed babies	51.2	31.2	17.1
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	73.4	19.0	7.6
It is okay for women to breastfeed in public places like restaurants, parks, etc.	77.2	15.2	7.6
Breastfeeding allows you to control your time more than formula feeding	35.4	40.5	24.1
People in your community think it is important for women to breastfeed	40.7	51.9	7.4
Your family thinks mothers should breastfeed	44.4	44.4	11.1
Newly developed formulas are just as good for infants as breast milk	42.5	41.3	16.3
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	50.6	27.2	22.2
Women who breastfeed have saggy breasts	22.2	54.3	23.5
It is okay for women to breastfeed if there are men in the room	50.6	28.4	21.0
It is okay for women to breastfeed if other women are in the room	75.6	20.7	3.7
I would encourage my friends to breastfeed	64.6	31.7	3.7



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #33 – CITY OF EL PASO WIC PROGRAM (N=115)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	8.6	White	3.5	Less than high school diploma	19.1
18-24	40.0	African American	1.7	High school diploma/GED	31.8
25-29	21.9	Hispanic	93.0	Vocational/technical school graduate	14.5
30-34	18.1	Other	1.7	Some college	27.3
35-39	9.5			College degree (BA, AA)	7.3
40+	1.9			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration %

Never	29.4
Less than 1 week	8.3
1-2 weeks	5.5
3-4 weeks	10.1
1-3 months	11.9
4-6 months	17.4
7-11 months	4.6
12 months or more	2.8
Still breastfeeding	10.1

INTRODUCTION OF COMPLEMENTARY FOODS

Foods % Before 4 to 6 Months

Cow's milk	3.0
Soy milk	1.7
Formula	57.5
Juice	9.2
Tea	12.7
Sugar water	7.8
Cereal	17.9
Other foods	12.1

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 0.0%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 21.0%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	86.3
Your baby stayed in the same room as you	82.7
You breastfed your baby in the hospital	68.6
You breastfed your baby in the first hour after your baby was born	33.0
The hospital staff helped you learn how to breastfeed	66.3
Your baby had only breast milk at the hospital	24.8
The hospital staff told you to breastfeed whenever your baby wanted	53.5
The hospital staff gave you a gift pack that included formula	76.2
The hospital staff gave you a telephone number to call for help when breastfeeding	60.6
Your baby used a pacifier in the hospital	48.0
Your baby got sugar water (glucose water)	15.3

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	26.9
Had to go back to work or school	52.0
My husband/partner did not want me to	4.8
I was sick or taking medication	13.0
I could not drink alcohol	4.5
I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	8.7
My friends did not want me to	0.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	0.0
My baby was too sick	0.0
I was not producing enough milk	12.5
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to loose weight	4.5
I had too many other things to do	8.3

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	25
Going back to work or school	25.9
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	20.3
I could not drink alcohol	1.8
I could not smoke cigarettes	0.0
I did not think my baby was getting enough milk	39.3
My friends wanted me to stop	0.0
My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0
My baby got sick	3.6
I was not producing enough milk	50.8
I did not have a private place to breastfeed	3.6
I wanted to go on a diet to loose weight	3.5
I had too many other things to do	3.6

I did not want to breastfeed	53.8
People told me it was really hard	12.5
I did not think I would be able to	20.8

I breastfed long enough for my baby to get the benefits	36.2
I was afraid my baby would bit or hurt me	13.8
Breastfeeding was tiring for me	3.4
Breastfeeding gave me sore nipples/breasts	19.7
Breastfeeding made me feel sad or unhappy	1.8
I could not tell how much my baby ate	22.8
I felt embarrassed breastfeeding in front of others	10.3
Breastfeeding was strange once my baby got older	3.5
My husband/partner wanted to feed the baby	12.3
My baby wanted to breastfeed all the time	10.7
I wanted/needed someone else to feed the baby	3.6
I got pregnant again	1.8
Baby wasn't gaining enough weight	7.1

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	70.0	Mother	46.4
Sister(s)	38.1	Sister	16.2
Husband/partner	55.1	Husband/partner	46.2
Doctor	70.9	Doctor	46.3
Baby's doctor (pediatrician)	66.7	Baby's doctor (pediatrician)	46.7
Grandmother	37.9	Grandmother	13.6
Nurse	61.7	Nurse	35.5
Midwife	12.7	Midwife	9.7
Friend(s)	43.4	Friend	15.5
Another female relative	48.1	Another female relative	23.1
WIC counselor or staff	86.2	WIC counselor or staff	48.6
Non-WIC lactation consultant (specialist)	37.6		
La Leche League counselor	7.8		
Anyone with church (reverend, pastor, priest, rabbi)	4.9		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	90.6	3.8	5.7
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	69.2	4.7	26.2
Infants who are breastfed or receive pumped breast milk do not get sick as often	75.2	2.9	21.9
Breastfeeding has benefits for mothers	77.1	1.0	21.9
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	57.9	4.7	37.4

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	47.7	5.6	46.7
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	62.9	32.4	4.8
In the long run, formula fed babies are just as healthy as breastfed babies	54.7	18.9	26.4
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	79.4	10.8	9.8
It is okay for women to breastfeed in public places like restaurants, parks, etc.	73.3	14.3	12.4
Breastfeeding allows you to control your time more than formula feeding	45.6	29.1	25.2
People in your community think it is important for women to breastfeed	52.8	40.6	6.6
Your family thinks mothers should breastfeed	63.2	25.5	11.3
Newly developed formulas are just as good for infants as breast milk	50.0	25.5	24.5
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	67.0	15.1	17.9
Women who breastfeed have saggy breasts	28.0	38.3	33.6
It is okay for women to breastfeed if there are men in the room	48.1	34	17.9
It is okay for women to breastfeed if other women are in the room	75.7	16.8	7.5
I would encourage my friends to breastfeed	74.8	21.5	3.7



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #34 – CITY OF ABILENE/TAYLOR COUNTY WIC PROGRAM (N=103)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	10.0	White	52.0	Less than high school diploma	22.8
18-24	51.0	African American	9.8	High school diploma/GED	50.5
25-29	25.0	Hispanic	35.3	Vocational/technical school graduate	5.0
30-34	11.0	Other	2.9	Some college	16.8
35-39	1.0			College degree (BA, AA)	3.0
40+	2.0			Beyond college/Graduate school	2.0

BREASTFEEDING DURATION

Duration	%
Never	12.2
Less than 1 week	7.1
1-2 weeks	10.2
3-4 weeks	16.3
1-3 months	5.1
4-6 months	3.1
7-11 months	3.1
12 months or more	7.1
Still breastfeeding	35.7

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	8.6
Soy milk	6.4
Formula	48.4
Juice	16.7
Tea	9.4
Sugar water	21.2
Cereal	34.5
Other foods	29.3

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 4.6%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 20.0%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	98.1
Your baby stayed in the same room as you	78.4
You breastfed your baby in the hospital	58.8
You breastfed your baby in the first hour after your baby was born	42.3
The hospital staff helped you learn how to breastfeed	53.1
Your baby had only breast milk at the hospital	23.5
The hospital staff told you to breastfeed whenever your baby wanted	48.0
The hospital staff gave you a gift pack that included formula	85.7
The hospital staff gave you a telephone number to call for help when breastfeeding	66.3
Your baby used a pacifier in the hospital	65.3
Your baby got sugar water (glucose water)	38.3

REASONS FOR NEVER BREASTFEEDING

Reason	%
Baby did not want to	22.6
Had to go back to work or school	46.7
My husband/partner did not want me to	3.4
I was sick or taking medication	20.0
I could not drink alcohol	0.0
I could not smoke cigarettes	14.3
I did not think my baby would get enough milk	22.6
My friends did not want me to	0.0
My family did not want me to	3.4
No one could answer my questions about breastfeeding	6.9
My baby was too sick	0.0
I was not producing enough milk	16.7
I did not have a private place to breastfeed	10.3
I wanted to go on a diet to lose weight	13.3
I had too many other things to do	33.3
I did not want to breastfeed	61.3
People told me it was really hard	33.3
I did not think I would be able to	26.7

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%
Baby seemed ready to stop	13.7
Going back to work or school	40.4
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	10.0
I could not drink alcohol	2.0
I could not smoke cigarettes	2.0
I did not think my baby was getting enough milk	46.2
My friends wanted me to stop	0.0
My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0
My baby got sick	9.6
I was not producing enough milk	54.0
I did not have a private place to breastfeed	2.0
I wanted to go on a diet to lose weight	4.0
I had too many other things to do	10.2
I breastfed long enough for my baby to get the benefits	25.0
I was afraid my baby would bit or hurt me	5.9
Breastfeeding was tiring for me	16.0
Breastfeeding gave me sore nipples/breasts	19.6
Breastfeeding made me feel sad or unhappy	2.0
I could not tell how much my baby ate	24.5
I felt embarrassed breastfeeding in front of others	10.0
Breastfeeding was strange once my baby got older	5.9
My husband/partner wanted to feed the baby	8.0
My baby wanted to breastfeed all the time	12.0
I wanted/needed someone else to feed the baby	8.2
I got pregnant again	3.9
Baby wasn't gaining enough weight	13.5

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

Person % (N)

Mother	57.0
Sister(s)	38.0
Husband/partner	49.0
Doctor	75.5
Baby's doctor (pediatrician)	74.5
Grandmother	29.3
Nurse	68.0
Midwife	3.0
Friend(s)	54.5
Another female relative	53.5
WIC counselor or staff	92.2
Non-WIC lactation consultant (specialist)	34.7
La Leche League counselor	10.9
Anyone with church (reverend, pastor, priest, rabbi)	14.9

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person % (N)

Mother	32.7
Sister	18.0
Husband/partner	48.0
Doctor	40.0
Baby's doctor (pediatrician)	46.5
Grandmother	14.1
Nurse	32.7
Midwife	6.1
Friend	25.3
Another female relative	28.0
WIC counselor or staff	41.0

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	97.0	2.0	1.0
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	72.3	5.9	21.8
Infants who are breastfed or receive pumped breast milk do not get sick as often	78.8	3.0	18.2
Breastfeeding has benefits for mothers	83.2	5.0	11.9
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	63.4	6.9	29.7

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	54.5	1.0	44.6
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	58.2	30.6	11.2
In the long run, formula fed babies are just as healthy as breastfed babies	62.2	19.4	18.4
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	74.5	12.2	13.3
It is okay for women to breastfeed in public places like restaurants, parks, etc.	69.8	21.9	8.3
Breastfeeding allows you to control your time more than formula feeding	38.8	33.7	27.6
People in your community think it is important for women to breastfeed	41.8	50.0	8.2
Your family thinks mothers should breastfeed	53.5	30.3	16.2
Newly developed formulas are just as good for infants as breast milk	37.8	34.7	27.6
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	58.2	14.3	27.6
Women who breastfeed have saggy breasts	26.8	36.1	37.1
It is okay for women to breastfeed if there are men in the room	52.5	28.3	19.2
It is okay for women to breastfeed if other women are in the room	74.7	21.2	4.0
I would encourage my friends to breastfeed	76.5	19.4	4.1



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #35 – DENTON COUNTY WIC PROGRAM (N=103)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	2.2	White	19.8	Less than high school diploma	40.0
18-24	36.7	African American	11.5	High school diploma/GED	27.4
25-29	36.7	Hispanic	67.7	Vocational/technical school graduate	11.6
30-34	16.7	Other	1.0	Some college	16.8
35-39	7.8			College degree (BA, AA)	2.1
40+	2.2			Beyond college/Graduate school	2.1

BREASTFEEDING DURATION

Duration %

Never	6.3
Less than 1 week	6.3
1-2 weeks	6.3
3-4 weeks	16.7
1-3 months	11.5
4-6 months	9.4
7-11 months	6.3
12 months or more	18.8
Still breastfeeding	18.8

INTRODUCTION OF COMPLEMENTARY FOODS

Foods % Before 4 to 6 Months

Cow's milk	6.8
Soy milk	6.3
Formula	53.7
Juice	17.5
Tea	2.2
Sugar water	4.2
Cereal	20.0
Other foods	4.3

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 4.6%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 20.0%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	86.4
Your baby stayed in the same room as you	77.3
You breastfed your baby in the hospital	75.9
You breastfed your baby in the first hour after your baby was born	56.3
The hospital staff helped you learn how to breastfeed	71.3
Your baby had only breast milk at the hospital	31.8
The hospital staff told you to breastfeed whenever your baby wanted	68.2
The hospital staff gave you a gift pack that included formula	92.0
The hospital staff gave you a telephone number to call for help when breastfeeding	56.3
Your baby used a pacifier in the hospital	62.5
Your baby got sugar water (glucose water)	9.3

REASONS FOR NEVER BREASTFEEDING

Reason	%
Baby did not want to	14.3
Had to go back to work or school	25.0
My husband/partner did not want me to	9.1
I was sick or taking medication	8.3
I could not drink alcohol	9.1
I could not smoke cigarettes	10.0
I did not think my baby would get enough milk	18.2
My friends did not want me to	9.1
My family did not want me to	9.1
No one could answer my questions about breastfeeding	18.2
My baby was too sick	0.0
I was not producing enough milk	20.0
I did not have a private place to breastfeed	9.1
I wanted to go on a diet to lose weight	0.0
I had too many other things to do	16.7
I did not want to breastfeed	57.1
People told me it was really hard	0.0
I did not think I would be able to	18.2

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%
Baby seemed ready to stop	37.0
Going back to work or school	34.0 (
My husband/partner wanted me to stop	7.0
I got sick or started taking medication	11.4
I could not drink alcohol	4.4
I could not smoke cigarettes	4.4
I did not think my baby was getting enough milk	43.5
My friends wanted me to stop	0.0
My family wanted me to stop	7.0
No one could answer my questions about breastfeeding	2.3
My baby got sick	7.1
I was not producing enough milk	46.9
I did not have a private place to breastfeed	14.0
I wanted to go on a diet to lose weight	6.8
I had too many other things to do	11.1
I breastfed long enough for my baby to get the benefits	43.8
I was afraid my baby would bit or hurt me	15.2
Breastfeeding was tiring for me	6.8
Breastfeeding gave me sore nipples/breasts	34.1
Breastfeeding made me feel sad or unhappy	2.3
I could not tell how much my baby ate	31.1
I felt embarrassed breastfeeding in front of others	14.0
Breastfeeding was strange once my baby got older	7.1
My husband/partner wanted to feed the baby	28.6
My baby wanted to breastfeed all the time	15.9
I wanted/needed someone else to feed the baby	11.9
I got pregnant again	13.3
Baby wasn't gaining enough weight	13.6

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	% (N)
Mother	71.7	Mother	48.9
Sister(s)	48.2	Sister	24.1
Husband/partner	67.8	Husband/partner	51.2
Doctor	74.4	Doctor	57.1
Baby's doctor (pediatrician)	74.2	Baby's doctor (pediatrician)	54.7
Grandmother	50.6	Grandmother	20.7
Nurse	75.0	Nurse	45.3
Midwife	14.5	Midwife	8.5
Friend(s)	57.8	Friend	15.7
Another female relative	60.2	Another female relative	27.4
WIC counselor or staff	87.0	WIC counselor or staff	63.3
Non-WIC lactation consultant (specialist)	54.5		
La Leche League counselor	15.9		
Anyone with church (reverend, pastor, priest, rabbi)	15.5		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	96.6	0.0	3.4
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	79.1	5.8	15.1
Infants who are breastfed or receive pumped breast milk do not get sick as often	81.1	6.0	13.1
Breastfeeding has benefits for mothers	86.9	3.6	9.5
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	71.1	3.6	25.3

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	51.2	7.3	41.5
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	77.5	13.8	8.8
In the long run, formula fed babies are just as healthy as breastfed babies	60.7	22.6	16.7
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	82.9	9.8	7.3
It is okay for women to breastfeed in public places like restaurants, parks, etc.	74.4	17.9	7.7
Breastfeeding allows you to control your time more than formula feeding	46.2	21.8	32.1
People in your community think it is important for women to breastfeed	57.3	36.6	6.1
Your family thinks mothers should breastfeed	65.4	27.2	7.4
Newly developed formulas are just as good for infants as breast milk	42.9	26.0	31.2
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	61.5	17.9	20.5
Women who breastfeed have saggy breasts	28.4	15.7	25.9
It is okay for women to breastfeed if there are men in the room	50.0	23.1	26.9
It is okay for women to breastfeed if other women are in the room	82.5	11.3	6.3
I would encourage my friends to breastfeed	84.1	12.2	3.7



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #36 – CITY OF SAN MARCOS WIC PROGRAM (N=76)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	5.6	White	52	Less than high school diploma	23.3
18-24	47.2	African American	9.8	High school diploma/GED	35.6
25-29	33.3	Hispanic	35.3	Vocational/technical school graduate	11
30-34	12.5	Other	0.0	Some college	28.8
35-39	1.4			College degree (BA, AA)	1.4
40+	5.6			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION		INTRODUCTION OF COMPLEMENTARY FOODS	
Duration	%	Foods	% Before 4 to 6 Months
Never	26.8	Cow's milk	13.2
Less than 1 week	7.0	Soy milk	8.3
1-2 weeks	7.0	Formula	52.2
3-4 weeks	2.8	Juice	17.0
1-3 months	19.7	Tea	10.5
4-6 months	15.5	Sugar water	11.1
7-11 months	5.6	Cereal	25.0
12 months or more	4.2	Other foods	11.4
Still breastfeeding	11.3		

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS	FOR MORE THAN 3 MONTHS
Breastfed exclusively for at least 7 months 0.0%	Breastfed exclusively for at least 4 months 14.9%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	92.5
Your baby stayed in the same room as you	86.6
You breastfed your baby in the hospital	70.6
You breastfed your baby in the first hour after your baby was born	48.5
The hospital staff helped you learn how to breastfeed	71.6
Your baby had only breast milk at the hospital	36.8
The hospital staff told you to breastfeed whenever your baby wanted	48.0
The hospital staff gave you a gift pack that included formula	58.2
The hospital staff gave you a telephone number to call for help when breastfeeding	73.1
Your baby used a pacifier in the hospital	69.1
Your baby got sugar water (glucose water)	13.6

REASONS FOR NEVER BREASTFEEDING

Reason	%
Baby did not want to	11.8
Had to go back to work or school	16.7
My husband/partner did not want me to	0.0
I was sick or taking medication	23.5
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	17.6
My friends did not want me to	0.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	0.0
My baby was too sick	5.9
I was not producing enough milk	5.9
I did not have a private place to breastfeed	17.6
I wanted to go on a diet to lose weight	5.9
I had too many other things to do	11.8
I did not want to breastfeed	73.7
People told me it was really hard	11.1
I did not think I would be able to	16.7

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%
Baby seemed ready to stop	30.0
Going back to work or school	45.7
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	6.7
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby was getting enough milk	48.5
My friends wanted me to stop	0.0
My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0
My baby got sick	3.3
I was not producing enough milk	40.6
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	6.7
I had too many other things to do	10
I breastfed long enough for my baby to get the benefits	41.4
I was afraid my baby would bit or hurt me	12.9
Breastfeeding was tiring for me	30
Breastfeeding gave me sore nipples/breasts	40.6
Breastfeeding made me feel sad or unhappy	6.7
I could not tell how much my baby ate	35.5
I felt embarrassed breastfeeding in front of others	3.3
Breastfeeding was strange once my baby got older	3.4
My husband/partner wanted to feed the baby	0.0
My baby wanted to breastfeed all the time	25.8
I wanted/needed someone else to feed the baby	10.0
I got pregnant again	0.0
Baby wasn't gaining enough weight	10.0

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

Person	%
Mother	65.3
Sister(s)	34.3
Husband/partner	58
Doctor	75.3
Baby's doctor (pediatrician)	72.2
Grandmother	30.4
Nurse	67.6
Midwife	7.2
Friend(s)	43.7
Another female relative	54.3
WIC counselor or staff	83.1
Non-WIC lactation consultant (specialist)	42.9
La Leche League counselor	11.6
Anyone with church (reverend, pastor, priest, rabbi)	10.1

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%
Mother	46.6
Sister	19.4
Husband/partner	41.7
Doctor	42.3
Baby's doctor (pediatrician)	40.8
Grandmother	21.4
Nurse	30.6
Midwife	4.3
Friend	21.4
Another female relative	28.2
WIC counselor or staff	42.3

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	95.6	1.5	2.9
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	73.5	1.5	25.0
Infants who are breastfed or receive pumped breast milk do not get sick as often	83.8	1.5	14.7
Breastfeeding has benefits for mothers	83.6	3	13.4
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	57.4	5.9	36.8

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	48.5	4.4	47.1
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	57.1	33.3	9.5
In the long run, formula fed babies are just as healthy as breastfed babies	59.1	19.7	21.2
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	73.8	13.8	12.3
It is okay for women to breastfeed in public places like restaurants, parks, etc.	72.7	16.7	10.6
Breastfeeding allows you to control your time more than formula feeding	42.4	31.8	25.8
People in your community think it is important for women to breastfeed	47.0	43.9	9.1
Your family thinks mothers should breastfeed	60.3	25.0	14.7
Newly developed formulas are just as good for infants as breast milk	38.8	37.3	23.9
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	57.6	15.2	27.3
Women who breastfeed have saggy breasts	25.0	45.6	29.4
It is okay for women to breastfeed if there are men in the room	37.9	31.8	30.3
It is okay for women to breastfeed if other women are in the room	80.9	16.2	2.9
I would encourage my friends to breastfeed	77.9	22.1	0.0



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #37 – VICTORIA CITY-COUNTY WIC PROGRAM (N=118)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	1.7	White	16.2	Less than high school diploma	30.8
18-24	46.1	African American	6.8	High school diploma/GED	39.3
25-29	28.7	Hispanic	76.1	Vocational/technical school graduate	7.7
30-34	15.7	Other	0.9	Some college	19.7
35-39	3.5			College degree (BA, AA)	1.7
40+	4.3			Beyond college/Graduate school	0.9

BREASTFEEDING DURATION

Duration	%
Never	54.6
Less than 1 week	8.3
1-2 weeks	6.5
3-4 weeks	7.4
1-3 months	10.2
4-6 months	4.6
7-11 months	3.7
12 months or more	1.9
Still breastfeeding	2.8

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	9.5
Soy milk	2.6
Formula	70.7
Juice	29.5
Tea	7.5
Sugar water	17.5
Cereal	38.1
Other foods	23.1

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 2.5%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 7.5%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	89.3
Your baby stayed in the same room as you	82.5
You breastfed your baby in the hospital	48.7
You breastfed your baby in the first hour after your baby was born	33.3
The hospital staff helped you learn how to breastfeed	48.2
Your baby had only breast milk at the hospital	15.9
The hospital staff told you to breastfeed whenever your baby wanted	42.0
The hospital staff gave you a gift pack that included formula	91.2
The hospital staff gave you a telephone number to call for help when breastfeeding	54.0
Your baby used a pacifier in the hospital	71.7
Your baby got sugar water (glucose water)	27.4

REASONS FOR NEVER BREASTFEEDING

Reason	%
Baby did not want to	15.4
Had to go back to work or school	37.3
My husband/partner did not want me to	8.3
I was sick or taking medication	19.6
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	16.3
My friends did not want me to	2.0
My family did not want me to	4.1
No one could answer my questions about breastfeeding	6.1
My baby was too sick	6.1
I was not producing enough milk	14.3
I did not have a private place to breastfeed	4.0
I wanted to go on a diet to lose weight	4.1
I had too many other things to do	8.0
I did not want to breastfeed	69.2
People told me it was really hard	14.3
I did not think I would be able to	11.8

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%
Baby seemed ready to stop	29.5
Going back to work or school	40.9
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	20.9
I could not drink alcohol	4.7
I could not smoke cigarettes	7.1
I did not think my baby was getting enough milk	62.2
My friends wanted me to stop	0.0
My family wanted me to stop	2.4
No one could answer my questions about breastfeeding	2.4
My baby got sick	0.0
I was not producing enough milk	43.2
I did not have a private place to breastfeed	9.5
I wanted to go on a diet to lose weight	9.5
I had too many other things to do	14
I breastfed long enough for my baby to get the benefits	34.9
I was afraid my baby would bit or hurt me	16.3
Breastfeeding was tiring for me	16.3
Breastfeeding gave me sore nipples/breasts	36.4
Breastfeeding made me feel sad or unhappy	7.1
I could not tell how much my baby ate	33.3
I felt embarrassed breastfeeding in front of others	9.3
Breastfeeding was strange once my baby got older	4.9
My husband/partner wanted to feed the baby	11.9
My baby wanted to breastfeed all the time	9.5
I wanted/needed someone else to feed the baby	12.2
I got pregnant again	4.7
Baby wasn't gaining enough weight	11.9

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar

PEOPLE WHO ENCOURAGED BREASTFEEDING

Person %

Mother	44.4
Sister(s)	25.2
Husband/partner	41.7
Doctor	54.3
Baby's doctor (pediatrician)	50.0
Grandmother	17.4
Nurse	53.9
Midwife	1.7
Friend(s)	36.0
Another female relative	43.5
WIC counselor or staff	83.3
Non-WIC lactation consultant (specialist)	21.7
La Leche League counselor	6.1
Anyone with church (reverend, pastor, priest, rabbi)	7.9

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person %

Mother	28.7
Sister	13.9
Husband/partner	36
Doctor	35.7
Baby's doctor (pediatrician)	34.8
Grandmother	9.6
Nurse	33.6
Midwife	1.7
Friend	13.8
Another female relative	20.9
WIC counselor or staff	42.6

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	89.7	3.4	6.9
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	66.4	10.3	23.3
Infants who are breastfed or receive pumped breast milk do not get sick as often	66.7	7.9	25.4
Breastfeeding has benefits for mothers	69.6	3.5	27.0
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	49.1	8.6	42.2

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	43.5	3.5	53.0
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	55.4	36.6	8.0
In the long run, formula fed babies are just as healthy as breastfed babies	60.7	28.6	10.7
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	63.1	16.2	20.7
It is okay for women to breastfeed in public places like restaurants, parks, etc.	63.4	25.9	10.7
Breastfeeding allows you to control your time more than formula feeding	41.4	36.0	22.5
People in your community think it is important for women to breastfeed	52.7	40.2	7.1
Your family thinks mothers should breastfeed	43.4	44.2	12.4
Newly developed formulas are just as good for infants as breast milk	48.6	36.0	15.3
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	52.2	21.2	26.5
Women who breastfeed have saggy breasts	16.8	47.8	35.4
It is okay for women to breastfeed if there are men in the room	41.3	38.5	20.2
It is okay for women to breastfeed if other women are in the room	69.0	22.1	8.8
I would encourage my friends to breastfeed	59.6	37.7	2.6



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #38 – CITY OF CORPUS CHRISTI/NUECES COUNTY WIC PROGRAM (N=127)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	9.0	White	12.1	Less than high school diploma	31.9
18-24	51.6	African American	4.0	High school diploma/GED	32.8
25-29	21.3	Hispanic	83.9	Vocational/technical school graduate	8.4
30-34	13.9	Other	12.1	Some college	22.7
35-39	4.1			College degree (BA, AA)	4.2
40+	9.0			Beyond college/Graduate school	31.9

BREASTFEEDING DURATION

Duration	%
Never	32.2
Less than 1 week	11.9
1-2 weeks	5.1
3-4 weeks	13.6
1-3 months	13.6
4-6 months	11
7-11 months	6.8
12 months or more	1.7
Still breastfeeding	4.2

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	10.9
Soy milk	1.7
Formula	56.8
Juice	13.5
Tea	10.8
Sugar water	4.6
Cereal	32.4
Other foods	24.2

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING (N=73)

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 2.7%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 11.0%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	83.8
Your baby stayed in the same room as you	76.
You breastfed your baby in the hospital	60.9
You breastfed your baby in the first hour after your baby was born	42.6
The hospital staff helped you learn how to breastfeed	54.8
Your baby had only breast milk at the hospital	22.6
The hospital staff told you to breastfeed whenever your baby wanted	33.0
The hospital staff gave you a gift pack that included formula	90.5
The hospital staff gave you a telephone number to call for help when breastfeeding	54.9
Your baby used a pacifier in the hospital	69.6
Your baby got sugar water (glucose water)	8.0

REASONS FOR NEVER BREASTFEEDING

Reason	%
Baby did not want to	28.1
Had to go back to work or school	35.5
My husband/partner did not want me to	6.7
I was sick or taking medication	9.7
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	28.1
My friends did not want me to	0.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	3.3
My baby was too sick	0.0
I was not producing enough milk	13.3
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	3.3
I had too many other things to do	6.5
I did not want to breastfeed	66.7
People told me it was really hard	9.7
I did not think I would be able to	35.5

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%
Baby seemed ready to stop	21.4
Going back to work or school	31.4
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	10.0
I could not drink alcohol	1.5
I could not smoke cigarettes	4.4
I did not think my baby was getting enough milk	50.7
My friends wanted me to stop	0.0
My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	2.9
My baby got sick	2.9
I was not producing enough milk	34.3
I did not have a private place to breastfeed	4.4
I wanted to go on a diet to lose weight	8.7
I had too many other things to do	25.4
I breastfed long enough for my baby to get the benefits	27.5
I was afraid my baby would bit or hurt me	21.1
Breastfeeding was tiring for me	12.9
Breastfeeding gave me sore nipples/breasts	31.9
Breastfeeding made me feel sad or unhappy	4.3
I could not tell how much my baby ate	43.5
I felt embarrassed breastfeeding in front of others	15.7
Breastfeeding was strange once my baby got older	7.6
My husband/partner wanted to feed the baby	7.7
My baby wanted to breastfeed all the time	10.1
I wanted/needed someone else to feed the baby	13
I got pregnant again	4.4
Baby wasn't gaining enough weight	7.6

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

Person %

Mother	53.7
Sister(s)	29.5
Husband/partner	50.8
Doctor	72.1
Baby's doctor (pediatrician)	67.5
Grandmother	27.3
Nurse	61.5
Midwife	5.8
Friend(s)	36.9
Another female relative	54.9
WIC counselor or staff	91.9
Non-WIC lactation consultant (specialist)	25.2
La Leche League counselor	12.4
Anyone with church (reverend, pastor, priest, rabbi)	3.4

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person %

Mother	32.8
Sister	17.5
Husband/partner	40.8
Doctor	45.1
Baby's doctor (pediatrician)	45.1
Grandmother	16.5
Nurse	37.7
Midwife	0.8
Friend	15.0
Another female relative	21.5
WIC counselor or staff	48.0

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	90.5	0.9	8.6
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	66.4	4.3	29.3
Infants who are breastfed or receive pumped breast milk do not get sick as often	77.6	5.2	17.2
Breastfeeding has benefits for mothers	76.7	2.6	20.7
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health) (N)	56.0	6.0	37.9

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	46.6	0.0	53.4
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	50.0	39.1	10.9
In the long run, formula fed babies are just as healthy as breastfed babies	64.5	19.0	16.5
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	73.7	16.9	9.3
It is okay for women to breastfeed in public places like restaurants, parks, etc.	59.3	30.5	10.2
Breastfeeding allows you to control your time more than formula feeding	30.2	40.5	29.3
People in your community think it is important for women to breastfeed	44.9	50.0	5.1
Your family thinks mothers should breastfeed	52.6	34.5	12.9
Newly developed formulas are just as good for infants as breast milk	49.2	33.9	16.9
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	54.2	20.3	25.4
Women who breastfeed have saggy breasts	23.5	49.6	26.9
It is okay for women to breastfeed if there are men in the room	37.6	37.6	24.8
It is okay for women to breastfeed if other women are in the room	70.9	24.8	1.3
I would encourage my friends to breastfeed	67.5	28.2	4.3



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #39 – NORTHEAST TEXAS PUBLIC HEALTH DISTRICT WIC PROGRAM (N=156)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	4.4	White	4.4	Less than high school diploma	39.9
18-24	51.5	African American	51.5	High school diploma/GED	26.1
25-29	23.5	Hispanic	23.5	Vocational/technical school graduate	2.9
30-34	10.3	Other	0.0	Some college	23.2
35-39	8.1			College degree (BA, AA)	8
40+	2.2			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION		INTRODUCTION OF COMPLEMENTARY FOODS	
Duration		Foods	% Before 4 to 6 Months
Never	30.7	Cow's milk	10.4
Less than 1 week	5	Soy milk	3.2
1-2 weeks	6.4	Formula	56.5
3-4 weeks	10	Juice	13.3
1-3 months	11.4	Tea	7.7
4-6 months	7.9	Sugar water	13.6
7-11 months	10.7	Cereal	29.6
12 months or more	4.3	Other foods	18.2
Still breastfeeding	13.6		

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS	FOR MORE THAN 3 MONTHS
Breastfed exclusively for at least 7 months 11.5%	Breastfed exclusively for at least 4 months 26.4%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	85.3
Your baby stayed in the same room as you	86.2
You breastfed your baby in the hospital	69.9
You breastfed your baby in the first hour after your baby was born	48.5
The hospital staff helped you learn how to breastfeed	63.4
Your baby had only breast milk at the hospital	35.1
The hospital staff told you to breastfeed whenever your baby wanted	53.5
The hospital staff gave you a gift pack that included formula	79.9
The hospital staff gave you a telephone number to call for help when breastfeeding	56.3
Your baby used a pacifier in the hospital	54.1
Your baby got sugar water (glucose water)	10.9

REASONS FOR NEVER BREASTFEEDING

Reason	%
Baby did not want to	23.5
Had to go back to work or school	43.8
My husband/partner did not want me to	16.1
I was sick or taking medication	28.1
I could not drink alcohol	0.0
I could not smoke cigarettes	3.4
I did not think my baby would get enough milk	32.3
My friends did not want me to	0.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	3.4
My baby was too sick	3.4
I was not producing enough milk	24.2
I did not have a private place to breastfeed	13.8
I wanted to go on a diet to lose weight	10.0
I had too many other things to do	16.1
I did not want to breastfeed	62.5
People told me it was really hard	16.7
I did not think I would be able to	29.0

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%
Baby seemed ready to stop	32.8
Going back to work or school	22.2
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	22.7
I could not drink alcohol	1.6
I could not smoke cigarettes	3.2
I did not think my baby was getting enough milk	47.0
My friends wanted me to stop	0.0
My family wanted me to stop	1.6
No one could answer my questions about breastfeeding	4.8
My baby got sick	4.7
I was not producing enough milk	34.8
I did not have a private place to breastfeed	3.2
I wanted to go on a diet to lose weight	9.4
I had too many other things to do	8.1
I breastfed long enough for my baby to get the benefits	32.4
I was afraid my baby would bit or hurt me	6.3
Breastfeeding was tiring for me	14.3
Breastfeeding gave me sore nipples/breasts	32.8
Breastfeeding made me feel sad or unhappy	4.8
I could not tell how much my baby ate	25.4
I felt embarrassed breastfeeding in front of others	12.7
Breastfeeding was strange once my baby got older	0.0
My husband/partner wanted to feed the baby	15.9
My baby wanted to breastfeed all the time	15.9
I wanted/needed someone else to feed the baby	8.1
I got pregnant again	1.6
Baby wasn't gaining enough weight	15.9

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	64.5	Mother	41.2
Sister(s)	38.1	Sister	22.6
Husband/partner	56.3	Husband/partner	50.4
Doctor	74.8	Doctor	40.4
Baby's doctor (pediatrician)	71.6	Baby's doctor (pediatrician)	46.2
Grandmother	32.3	Grandmother	15.3
Nurse	70.5	Nurse	37.2
Midwife	19.8	Midwife	14.2
Friend(s)	47.3	Friend	18.8
Another female relative	50.8	Another female relative	25.4
WIC counselor or staff	85.9	WIC counselor or staff	48.5
Non-WIC lactation consultant (specialist)	37		
La Leche League counselor	10.2		
Anyone with church (reverend, pastor, priest, rabbi)	15.8		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	92.4	0.7	6.9
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	69.5	7.8	22.7
Infants who are breastfed or receive pumped breast milk do not get sick as often	78.1	5.8	16.1
Breastfeeding has benefits for mothers	75.9	1.5	22.6
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	69.3	6.4	24.3

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	44.1	3.7	52.2
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	63.3	33.1	3.6
In the long run, formula fed babies are just as healthy as breastfed babies	54.9	26.1	19.0
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	71.3	19.1	9.6
It is okay for women to breastfeed in public places like restaurants, parks, etc.	56.9	31.4	11.7
Breastfeeding allows you to control your time more than formula feeding	48.2	29.9	21.9
People in your community think it is important for women to breastfeed	54.4	39	6.6
Your family thinks mothers should	63.8	26.1	10.1
Newly developed formulas are just as good for infants as breast milk	37.7	40.0	22.3
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	59.9	24.1	16.1
Women who breastfeed have saggy breasts	25.2	48.2	26.6
It is okay for women to breastfeed if there are men in the room	32.3	41.4	26.3
It is okay for women to breastfeed if other women are in the room	68.6	25.7	5.7
I would encourage my friends to breastfeed	72.9	22.1	5.0



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #40 – CITY OF BEAUMONT WIC PROGRAM (N=58)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	5.3	White	10.3	Less than high school diploma	20.7
18-24	50.9	African American	63.8	High school diploma/GED	39.7
25-29	24.6	Hispanic	24.1	Vocational/technical school graduate	6.9
30-34	19.3	Other	1.7	Some college	29.3
35-39	5.3			College degree (BA, AA)	1.7
40+	0.0			Beyond college/Graduate school	1.7

BREASTFEEDING DURATION

Duration	%
Never	52.7
Less than 1 week	12.7
1-2 weeks	0.0
3-4 weeks	3.6
1-3 months	10.9
4-6 months	7.3
7-11 months	9.1
12 months or more	3.6
Still breastfeeding	0.0

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	0.0
Soy milk	11.1
Formula	65.4
Juice	17.4
Tea	0.0
Sugar water	22.2
Cereal	33.3
Other foods	5.0

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 4.2 %

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 12.5%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	93.0
Your baby stayed in the same room as you	70.9
You breastfed your baby in the hospital	48.2
You breastfed your baby in the first hour after your baby was born	32.1
The hospital staff helped you learn how to breastfeed	49.1
Your baby had only breast milk at the hospital	12.5
The hospital staff told you to breastfeed whenever your baby wanted	34.0
The hospital staff gave you a gift pack that included formula	88.9
The hospital staff gave you a telephone number to call for help when breastfeeding	50.0
Your baby used a pacifier in the hospital	71.4
Your baby got sugar water (glucose water)	33.3

REASONS FOR NEVER BREASTFEEDING		REASONS FOR DISCONTINUING BREASTFEEDING	
Reason	%	Reason	%
Baby did not want to	26.1	Baby seemed ready to stop	30.4
Had to go back to work or school	21.7	Going back to work or school	31.8
My husband/partner did not want me to	4.8	My husband/partner wanted me to stop	0.0
I was sick or taking medication	18.2	I got sick or started taking medication	8.7
I could not drink alcohol	4.8	I could not drink alcohol	0.0
I could not smoke cigarettes	23.8	I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	26.1	I did not think my baby was getting enough milk	36.4
My friends did not want me to	0.0	My friends wanted me to stop	4.5
My family did not want me to	4.8	My family wanted me to stop	4.5
No one could answer my questions about breastfeeding	4.5	No one could answer my questions about breastfeeding	0.0
My baby was too sick	9.5	My baby got sick	0.0
I was not producing enough milk	13.6	I was not producing enough milk	18.2
I did not have a private place to breastfeed	9.1	I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	4.8	I wanted to go on a diet to lose weight	0.0
I had too many other things to do	20.8	I had too many other things to do	4.8
I did not want to breastfeed	62.5	I breastfed long enough for my baby to get the benefits	31.8
People told me it was really hard	8.7	I was afraid my baby would bit or hurt me	13.6
I did not think I would be able to	21.7	Breastfeeding was tiring for me	13.0
		Breastfeeding gave me sore nipples/breasts	13.6
		Breastfeeding made me feel sad or unhappy	4.5
		I could not tell how much my baby ate	13.6
		I felt embarrassed breastfeeding in front of others	0.0
		Breastfeeding was strange once my baby got older	0.0
		My husband/partner wanted to feed the baby	0.0
		My baby wanted to breastfeed all the time	13.6
		I wanted/needed someone else to feed the baby	13.6
		I got pregnant again	0.0
		Baby wasn't gaining enough weight	4.5

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

Person	%
Mother	48.3
Sister(s)	31.6
Husband/partner	35.1
Doctor	70.7
Baby's doctor (pediatrician)	63.2
Grandmother	17.0
Nurse	60.7
Midwife	20.0
Friend(s)	31.6
Another female relative	43.9
WIC counselor or staff	79.3
Non-WIC lactation consultant (specialist)	29.6
La Leche League counselor	5.6
Anyone with church (reverend, pastor, priest, rabbi)	13.0

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%
Mother	36.8
Sister	14.3
Husband/partner	35.7
Doctor	34.5
Baby's doctor (pediatrician)	37.9
Grandmother	13.0
Nurse	29.8
Midwife	7.1
Friend	12.7
Another female relative	17.9
WIC counselor or staff	44.6

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	86.0	1.8	12.3
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	73.2	1.8	25.0
Infants who are breastfed or receive pumped breast milk do not get sick as often	78.2	1.8	20.0
Breastfeeding has benefits for mothers	81.8	1.8	16.4
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	69.6	1.8	28.6

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	57.1	0.0	42.9
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	52.0	42.0	6.0
In the long run, formula fed babies are just as healthy as breastfed babies	60.7	25.0	14.3
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	63.0	13.0	24.1
It is okay for women to breastfeed in public places like restaurants, parks, etc.	63.0	27.8	9.3
Breastfeeding allows you to control your time more than formula feeding	42.9	32.1	25.0
People in your community think it is important for women to breastfeed	49.1	43.6	7.3
Your family thinks mothers should	48.1	37.0	14.8
Newly developed formulas are just as good for infants as breast milk	44.4	33.3	22.2
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	61.8	23.6	14.5
Women who breastfeed have saggy breasts	41.8	40.0	18.2
It is okay for women to breastfeed if there are men in the room	47.3	32.7	20.0
It is okay for women to breastfeed if other women are in the room	76.8	16.1	7.1
I would encourage my friends to breastfeed	67.9	26.8	5.4



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #41 – CITY OF SAN ANTONIO WIC PROGRAM (N=83)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	8.6	White	3.6	Less than high school diploma	28.4
18-24	38.3	African American	8.4	High school diploma/GED	38.3
25-29	28.4	Hispanic	88	Vocational/technical school graduate	7.4
30-34	13.6	Other	0.0	Some college	21
35-39	9.9			College degree (BA, AA)	4.9
40+	1.2			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	40.3
Less than 1 week	3.9
1-2 weeks	10.4
3-4 weeks	6.5
1-3 months	9.1
4-6 months	11.7
7-11 months	5.2
12 months or more	1.3
Still breastfeeding	11.7

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	0.0
Soy milk	0.0
Formula	62.2
Juice	21.6
Tea	25.9
Sugar water	0.
Cereal	15.8
Other foods	14.3

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 2.4%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 19.5%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	82.7
Your baby stayed in the same room as you	64.9
You breastfed your baby in the hospital	60.0
You breastfed your baby in the first hour after your baby was born	32.0
The hospital staff helped you learn how to breastfeed	50.0
Your baby had only breast milk at the hospital	17.6
The hospital staff told you to breastfeed whenever your baby wanted	43.8
The hospital staff gave you a gift pack that included formula	86.5
The hospital staff gave you a telephone number to call for help when breastfeeding	57.5
Your baby used a pacifier in the hospital	60.8
Your baby got sugar water (glucose water)	5.6

REASONS FOR NEVER BREASTFEEDING

Reason	%
Baby did not want to	11.5
Had to go back to work or school	48.1
My husband/partner did not want me to	4.0
I was sick or taking medication	22.2
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	12.0
My friends did not want me to	0.0
My family did not want me to	4.0
No one could answer my questions about breastfeeding	4.0
My baby was too sick	4.0
I was not producing enough milk	15.4
I did not have a private place to breastfeed	4.0
I wanted to go on a diet to lose weight	8.0
I had too many other things to do	20.0
I did not want to breastfeed	60.0
People told me it was really hard	20.0
I did not think I would be able to	16.0

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%
Baby seemed ready to stop	37.1
Going back to work or school	29.7
My husband/partner wanted me to stop	5.9
I got sick or started taking medication	20
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby was getting enough milk	43.2
My friends wanted me to stop	0.0
My family wanted me to stop	8.6
No one could answer my questions about breastfeeding	0.0
My baby got sick	2.9
I was not producing enough milk	37.1
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	5.7
I had too many other things to do	8.3
I breastfed long enough for my baby to get the benefits	29.4
I was afraid my baby would bit or hurt me	8.3
Breastfeeding was tiring for me	14.3
Breastfeeding gave me sore nipples/breasts	25.7
Breastfeeding made me feel sad or unhappy	5.7
I could not tell how much my baby ate	35.3
I felt embarrassed breastfeeding in front of others	5.9
Breastfeeding was strange once my baby got older	5.7
My husband/partner wanted to feed the baby	11.8
My baby wanted to breastfeed all the time	22.2
I wanted/needed someone else to feed the baby	14.3
I got pregnant again	2.9
Baby wasn't gaining enough weight	2.9

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

Person	%
Mother	55.7
Sister(s)	37.7
Husband/partner	45.6
Doctor	60.0
Baby's doctor (pediatrician)	55.7
Grandmother	36.5
Nurse	55.1
Midwife	5.3
Friend(s)	36.4
Another female relative	44.7
WIC counselor or staff	76.9
Non-WIC lactation consultant (specialist)	25
La Leche League counselor	9.3
Anyone with church (reverend, pastor, priest, rabbi)	11.7

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%
Mother	46.3
Sister	25.6
Husband/partner	42.9
Doctor	40.3
Baby's doctor (pediatrician)	39.2
Grandmother	25.3
Nurse	30.8
Midwife	7.9
Friend	22.5
Another female relative	28.2
WIC counselor or staff	46.2

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	94.9	2.6	2.6
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	76.9	5.1	17.9
Infants who are breastfed or receive pumped breast milk do not get sick as often	79.5	5.1	15.4
Breastfeeding has benefits for mothers	78.7	0.0	21.3
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	51.9	6.5	41.6

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	45.3	2.7	52.0
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	62.7	32.0	5.3
In the long run, formula fed babies are just as healthy as breastfed babies	58.8	20.0	21.3
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	83.8	13.8	2.5
It is okay for women to breastfeed in public places like restaurants, parks, etc.	71.4	23.4	5.2
Breastfeeding allows you to control your time more than formula feeding	45.6	34.2	20.3
People in your community think it is important for women to breastfeed	48.7	43.6	7.7
Your family thinks mothers should	64.9	23.4	11.7
Newly developed formulas are just as good for infants as breast milk	48.1	34.2	17.7
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	60.3	12.8	26.9
Women who breastfeed have saggy breasts	19.0	45.6	35.4
It is okay for women to breastfeed if there are men in the room	44.2	31.2	24.7
It is okay for women to breastfeed if other women are in the room	78.8	16.3	5.0
I would encourage my friends to breastfeed	70.0	26.3	3.8



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #42 – WILLIAMSON COUNTY- CITIES WIC PROGRAM (N=118)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	6.3	White	21.6	Less than high school diploma	36.5
18-24	56.8	African American	5.2	High school diploma/GED	33
25-29	20.7	Hispanic	71.6	Vocational/technical school graduate	6.1
30-34	11.7	Other	1.7	Some college	18.3
35-39	4.5			College degree (BA, AA)	6.1
40+	0.0			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	17
Less than 1 week	15.1
1-2 weeks	7.5
3-4 weeks	5.7
1-3 months	17.9
4-6 months	5.7
7-11 months	3.8
12 months or more	2.8
Still breastfeeding	24.5

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	10.3
Soy milk	5.6
Formula	60.3
Juice	20.3
Tea	10.7
Sugar water	7.4
Cereal	29.0
Other foods	18.0

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 1.5%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 9.2%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	92.6
Your baby stayed in the same room as you	87.9
You breastfed your baby in the hospital	75.9
You breastfed your baby in the first hour after your baby was born	60.6
The hospital staff helped you learn how to breastfeed	73.6
Your baby had only breast milk at the hospital	35.8
The hospital staff told you to breastfeed whenever your baby wanted	65.7
The hospital staff gave you a gift pack that included formula	86.0
The hospital staff gave you a telephone number to call for help when breastfeeding	80.0
Your baby used a pacifier in the hospital	71.0
Your baby got sugar water (glucose water)	9.6

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	18.8	Baby seemed ready to stop	20.0
Had to go back to work or school	46.7	Going back to work or school	27.4
My husband/partner did not want me to	0.0	My husband/partner wanted me to stop	3.5
I was sick or taking medication	26.7	I got sick or started taking medication	11.7
I could not drink alcohol	0.0	I could not drink alcohol	0.0
I could not smoke cigarettes	0.0	I could not smoke cigarettes	3.5
I did not think my baby would get enough milk	21.4	I did not think my baby was getting enough milk	57.6
My friends did not want me to	0.0	My friends wanted me to stop	0.0
My family did not want me to	0.0	My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	5.3
My baby was too sick	0.0	My baby got sick	7.0
I was not producing enough milk	0.0	I was not producing enough milk	45.0
I did not have a private place to breastfeed	7.1	I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	7.1	I wanted to go on a diet to lose weight	3.5
I had too many other things to do	21.4	I had too many other things to do	7.0
I did not want to breastfeed	68.8	I breastfed long enough for my baby to get the benefits	13.3
People told me it was really hard	28.6	I was afraid my baby would bit or hurt me	6.9
I did not think I would be able to	35.7	Breastfeeding was tiring for me	16.1
		Breastfeeding gave me sore nipples/breasts	28.3
		Breastfeeding made me feel sad or unhappy	0.0
		I could not tell how much my baby ate	36.8
		I felt embarrassed breastfeeding in front of others	10.5
		Breastfeeding was strange once my baby got older	0.0
		My husband/partner wanted to feed the baby	14.5
		My baby wanted to breastfeed all the time	12.1
		I wanted/needed someone else to feed the baby	8.6
		I got pregnant again	3.5
		Baby wasn't gaining enough weight	19.0

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

Person	%
Mother	72.8
Sister(s)	51.4
Husband/partner	71.2
Doctor	79.3
Baby's doctor (pediatrician)	80.4
Grandmother	38.2
Nurse	78.8
Midwife	11.2
Friend(s)	57.7
Another female relative	59.5
WIC counselor or staff	92.0
Non-WIC lactation consultant (specialist)	46.8
La Leche League counselor	12.1
Anyone with church (reverend, pastor, priest, rabbi)	9.3

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%
Mother	42.1
Sister	19.3
Husband/partner	50.9
Doctor	39.6
Baby's doctor (pediatrician)	41.4
Grandmother	13.6
Nurse	38.7
Midwife	8.2
Friend	16.5
Another female relative	20.9
WIC counselor or staff	46.8

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	90.2	0.9	8.9
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	68.8	7.3	23.9
Infants who are breastfed or receive pumped breast milk do not get sick as often	78.0	4.6	17.4
Breastfeeding has benefits for mothers	78.9	2.8	18.3
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	70.6	5.5	23.9

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	46.3	2.8	50.9
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	65.4	26.9	7.7
In the long run, formula fed babies are just as healthy as breastfed babies	58.5	29.2	12.3
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	81.1	13.2	5.7
It is okay for women to breastfeed in public places like restaurants, parks, etc.	71.7	18.9	9.4
Breastfeeding allows you to control your time more than formula feeding	50.0	22.1	27.9
People in your community think it is important for women to breastfeed	54.2	41.1	4.7
Your family thinks mothers should	65.1	27.5	7.3
Newly developed formulas are just as good for infants as breast milk	50.5	31.8	17.8
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	59.3	18.5	22.2
Women who breastfeed have saggy breasts	23.1	52.8	24.1
It is okay for women to breastfeed if there are men in the room	33.3	46.3	20.4
It is okay for women to breastfeed if other women are in the room	69.4	25.9	4.6
I would encourage my friends to breastfeed	73.4	26.6	0.0



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #44 – CITY OF DEL RIO WIC PROGRAM (N=43)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	10.5	White	4.8	Less than high school diploma	51.2
18-24	44.7	African American	2.4	High school diploma/GED	39.5
25-29	18.4	Hispanic	92.9	Vocational/technical school graduate	7.0
30-34	21.1	Other	0.0	Some college	2.3
35-39	2.6			College degree (BA, AA)	51.2
40+	2.6			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	31.7
Less than 1 week	7.3
1-2 weeks	7.3
3-4 weeks	12.2
1-3 months	12.2
4-6 months	9.8
7-11 months	12.2
12 months or more	0.0
Still breastfeeding	7.3

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	16.7
Soy milk	8.3
Formula	42.9
Juice	21.4
Tea	10.5
Sugar water	13.6
Cereal	20.8
Other foods	26.3

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 0.0%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 21.4%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	85.0
Your baby stayed in the same room as you	87.5
You breastfed your baby in the hospital	63.4
You breastfed your baby in the first hour after your baby was born	51.3
The hospital staff helped you learn how to breastfeed	56.8
Your baby had only breast milk at the hospital	25.6
The hospital staff told you to breastfeed whenever your baby wanted	63.9
The hospital staff gave you a gift pack that included formula	84.2
The hospital staff gave you a telephone number to call for help when breastfeeding	42.4
Your baby used a pacifier in the hospital	40.5
Your baby got sugar water (glucose water)	6.1

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	44.4
Had to go back to work or school	11.1
My husband/partner did not want me to	0.0
I was sick or taking medication	36.4
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	11.1
My friends did not want me to	0.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	0.0
My baby was too sick	0.0
I was not producing enough milk	10.0
I did not have a private place to breastfeed	11.1
I wanted to go on a diet to lose weight	0.0
I had too many other things to do	20.0
I did not want to breastfeed	50.0
People told me it was really hard	11.1
I did not think I would be able to	22.2

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	28.6
Going back to work or school	25.0
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	27.3
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby was getting enough milk	78.3
My friends wanted me to stop	0.0
My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	5.0
My baby got sick	0.0
I was not producing enough milk	47.6
I did not have a private place to breastfeed	5.3
I wanted to go on a diet to lose weight	5.0
I had too many other things to do	10.5
I breastfed long enough for my baby to get the benefits	23.5
I was afraid my baby would bit or hurt me	15.0
Breastfeeding was tiring for me	5.3
Breastfeeding gave me sore nipples/breasts	45.8
Breastfeeding made me feel sad or unhappy	0.0
I could not tell how much my baby ate	42.9
I felt embarrassed breastfeeding in front of others	5.3
Breastfeeding was strange once my baby got older	5.3
My husband/partner wanted to feed the baby	21.1
My baby wanted to breastfeed all the time	5.3
I wanted/needed someone else to feed the baby	5.3
I got pregnant again	10.5
Baby wasn't gaining enough weight	15.8

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

Person	%
Mother	81.6
Sister(s)	52.6
Husband/partner	55.3
Doctor	60.0
Baby's doctor (pediatrician)	57.9
Grandmother	54.1
Nurse	64.1
Midwife	0.0
Friend(s)	45.9
Another female relative	61.1
WIC counselor or staff	83.3
Non-WIC lactation consultant (specialist)	37.8
La Leche League counselor	2.9
Anyone with church (reverend, pastor, priest, rabbi)	8.6

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%
Mother	56.8
Sister	34.2
Husband/partner	47.4
Doctor	45.9
Baby's doctor (pediatrician)	54.1
Grandmother	25.0
Nurse	30.6
Midwife	0.0
Friend	22.9
Another female relative	27.8
WIC counselor or staff	47.4

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	95.0	2.5	2.5
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	67.5	5.0	27.5
Infants who are breastfed or receive pumped breast milk do not get sick as often	82.1	2.6	15.4
Breastfeeding has benefits for mothers	66.7	2.6	35.9
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	48.7	51.3	35.9

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	48.7	0.0	51.3
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	51.3	41.0	7.7
In the long run, formula fed babies are just as healthy as breastfed babies	71.8	20.5	7.7
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	77.5	17.5	5.0
It is okay for women to breastfeed in public places like restaurants, parks, etc.	74.4	15.4	10.3
Breastfeeding allows you to control your time more than formula feeding	40.0	42.9	17.1
People in your community think it is important for women to breastfeed	55.3	44.7	0.0
Your family thinks mothers should	65.0	30.0	5.0
Newly developed formulas are just as good for infants as breast milk	51.3	41.0	7.7
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	40.0	35.0	25.0
Women who breastfeed have saggy breasts	21.1	63.21	15.8
It is okay for women to breastfeed if there are men in the room	25.6	51.3	23.1
It is okay for women to breastfeed if other women are in the room	78.9	21.1	0.0
I would encourage my friends to breastfeed	59.0	41.0	0.0



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #46 (N=86)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	2.5	White	32.9	Less than high school diploma	30.5
18-24	45.6	African American	5.9	High school diploma/GED	32.9
25-29	24.1	Hispanic	58.8	Vocational/technical school graduate	4.9
30-34	11.4	Other	2.4	Some college	26.8
35-39	12.7			College degree (BA, AA)	4.9
40+	3.8			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	26.3
Less than 1 week	11.8
1-2 weeks	9.2
3-4 weeks	13.2
1-3 months	10.5
4-6 months	14.5
7-11 months	3.9
12 months or more	5.3
Still breastfeeding	5.3

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	6.5
Soy milk	9.1
Formula	63.0
Juice	13.2
Tea	8.9
Sugar water	10.5
Cereal	22.0
Other foods	20.5

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 2.0%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 11.8%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	85.4
Your baby stayed in the same room as you	65.9
You breastfed your baby in the hospital	69.5
You breastfed your baby in the first hour after your baby was born	37.8
The hospital staff helped you learn how to breastfeed	65.9
Your baby had only breast milk at the hospital	23.2
The hospital staff told you to breastfeed whenever your baby wanted	53.8
The hospital staff gave you a gift pack that included formula	86.6
The hospital staff gave you a telephone number to call for help when breastfeeding	53.7
Your baby used a pacifier in the hospital	59.8
Your baby got sugar water (glucose water)	18.2

REASONS FOR NEVER BREASTFEEDING

Reason	%
Baby did not want to	12.5
Had to go back to work or school	47.1
My husband/partner did not want me to	6.3
I was sick or taking medication	18.8
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	6.7
My friends did not want me to	0.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	6.3
My baby was too sick	0.0
I was not producing enough milk	11.1
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	12.5
I had too many other things to do	31.3

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%
Baby seemed ready to stop	35.6
Going back to work or school	31.8
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	9.1
I could not drink alcohol	0.0
I could not smoke cigarettes	2.3
I did not think my baby was getting enough milk	47.8
My friends wanted me to stop	0.0
My family wanted me to stop	4.8
No one could answer my questions about breastfeeding	0.0
My baby got sick	4.4
I was not producing enough milk	52.1
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	7.0
I had too many other things to do	20.0

I did not want to breastfeed	52.9
People told me it was really hard	12.5
I did not think I would be able to	6.3

I breastfed long enough for my baby to get the benefits	34.1
I was afraid my baby would bit or hurt me	6.8
Breastfeeding was tiring for me	17.4
Breastfeeding gave me sore nipples/breasts	37.8
Breastfeeding made me feel sad or unhappy	2.3
I could not tell how much my baby ate	29.5
I felt embarrassed breastfeeding in front of others	4.5
Breastfeeding was strange once my baby got older	4.8
My husband/partner wanted to feed the baby	11.1
My baby wanted to breastfeed all the time	8.9
I wanted/needed someone else to feed the baby	2.3
I got pregnant again	2.2
Baby wasn't gaining enough weight	9.1

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	69.5	Mother	37.8
Sister(s)	37.5	Sister	22.2
Husband/partner	71.6	Husband/partner	57.3
Doctor	73.2	Doctor	42.7
Baby's doctor (pediatrician)	74.1	Baby's doctor (pediatrician)	43.9
Grandmother	45.6	Grandmother	26.3
Nurse	72.3	Nurse	35.4
Midwife	23.5	Midwife	13.8
Friend(s)	52.4	Friend	22.2
Another female relative	61.0	Another female relative	26.8
WIC counselor or staff	97.6	WIC counselor or staff	53.0
Non-WIC lactation consultant (specialist)	37.0		
La Leche League counselor	25.0		
Anyone with church (reverend, pastor, priest, rabbi)	18.8		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	91.6	2.4	6
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	69.5	6.1	24.4
Infants who are breastfed or receive pumped breast milk do not get sick as often	75.6	2.4	22
Breastfeeding has benefits for mothers	79	1.2	19.8
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	57.3	6.1	36.6

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	52.4	2.4	45.1
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	52.5	37.5	10.0
In the long run, formula fed babies are just as healthy as breastfed babies	56.3	22.5	21.3
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	76.3	15.0	8.8
It is okay for women to breastfeed in public places like restaurants, parks, etc.	68.4	22.4	9.2
Breastfeeding allows you to control your time more than formula feeding	45.1	32.9	22.0
People in your community think it is important for women to breastfeed	52.4	39.0	8.5
Your family thinks mothers should breastfeed	59.3	29.6	11.1
Newly developed formulas are just as good for infants as breast milk	42.5	27.5	30.0
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	53.2	20.3	26.6
Women who breastfeed have saggy breasts	24.7	54.3	21.0
It is okay for women to breastfeed if there are men in the room	42.5	28.7	28.7
It is okay for women to breastfeed if other women are in the room	75.0	17.5	7.5
I would encourage my friends to breastfeed	76.3	20.0	3.8



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #48 (N=94)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	3.4	White	10.9	Less than high school diploma	32.2
18-24	39.8	African American	13.0	High school diploma/GED	34.4
25-29	33.0	Hispanic	72.8	Vocational/technical school graduate	8.9
30-34	15.9	Other	3.3	Some college	15.6
35-39	6.8			College degree (BA, AA)	8.9
40+	1.1			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	18.2
Less than 1 week	13.6
1-2 weeks	10.2
3-4 weeks	6.8
1-3 months	8.0
4-6 months	11.4
7-11 months	21.6
12 months or more	4.5
Still breastfeeding	5.7

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	4.4
Soy milk	8.3
Formula	52.4
Juice	17.9
Tea	12.2
Sugar water	10.0
Cereal	12.7
Other foods	4.3

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 1.6%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 19.4%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	72.3
Your baby stayed in the same room as you	73.2
You breastfed your baby in the hospital	81.2
You breastfed your baby in the first hour after your baby was born	52.4
The hospital staff helped you learn how to breastfeed	65.9
Your baby had only breast milk at the hospital	25.6
The hospital staff told you to breastfeed whenever your baby wanted	64.6
The hospital staff gave you a gift pack that included formula	97.6
The hospital staff gave you a telephone number to call for help when breastfeeding	56.3
Your baby used a pacifier in the hospital	54.9
Your baby got sugar water (glucose water)	10.4

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	23.1
Had to go back to work or school	9.1
My husband/partner did not want me to	0.0
I was sick or taking medication	7.7
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	20.0
My friends did not want me to	10.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	0.0
My baby was too sick	0.0
I was not producing enough milk	36.4
I did not have a private place to breastfeed	10.0
I wanted to go on a diet to lose weight	10.0
I had too many other things to do	36.4

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	37.8
Going back to work or school	27.3
My husband/partner wanted me to stop	4.4
I got sick or started taking medication	10.6
I could not drink alcohol	4.5
I could not smoke cigarettes	4.5
I did not think my baby was getting enough milk	33.3
My friends wanted me to stop	0.0
My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	2.2
My baby got sick	4.4
I was not producing enough milk	50
I did not have a private place to breastfeed	4.4
I wanted to go on a diet to loose weight	4.4
I had too many other things to do	10.9

I did not want to breastfeed	38.5	I breastfed long enough for my baby to get the benefits	56.5
People told me it was really hard	27.3	I was afraid my baby would bit or hurt me	13.3
I did not think I would be able to	27.3	Breastfeeding was tiring for me	8.7
		Breastfeeding gave me sore nipples/breasts	22.9
		Breastfeeding made me feel sad or unhappy	6.7
		I could not tell how much my baby ate	23.9
		I felt embarrassed breastfeeding in front of others	6.7
		Breastfeeding was strange once my baby got older	9.3
		My husband/partner wanted to feed the baby	8.9
		My baby wanted to breastfeed all the time	10.9
		I wanted/needed someone else to feed the baby	8.9
		I got pregnant again	11.1
		Baby wasn't gaining enough weight	11.6

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	77.8	Mother	55.2
Sister(s)	50.0	Sister	29.6
Husband/partner	69.4	Husband/partner	54.7
Doctor	71.6	Doctor	51.2
Baby's doctor (pediatrician)	70.6	Baby's doctor (pediatrician)	57.1
Grandmother	54.8	Grandmother	37.0
Nurse	71.8	Nurse	56.6
Midwife	32.9	Midwife	22.5
Friend(s)	52.4	Friend	38.6
Another female relative	66.7	Another female relative	51.8
WIC counselor or staff	96.7	WIC counselor or staff	79.3
Non-WIC lactation consultant (specialist)	52.4		
La Leche League counselor	22.5		
Anyone with church (reverend, pastor, priest, rabbi)	18.5		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	95.6	1.1	3.3
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	71.9	7.9	20.2
Infants who are breastfed or receive pumped breast milk do not get sick as often	76.4	4.5	19.1
Breastfeeding has benefits for mothers	76.1	4.5	19.3
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	69.7	5.6	24.7

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	51.1	3.3	45.6
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	70.6	25.9	3.5
In the long run, formula fed babies are just as healthy as breastfed babies	54.5	22.7	22.7
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	83.3	13.1	3.6
It is okay for women to breastfeed in public places like restaurants, parks, etc.	72.6	20.2	7.1
Breastfeeding allows you to control your time more than formula feeding	53.4	31.8	14.8
People in your community think it is important for women to breastfeed	58.6	35.6	5.7
Your family thinks mothers should breastfeed	77.3	15.9	6.8
Newly developed formulas are just as good for infants as breast milk	43.0	34.9	22.1
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	68.2	18.8	12.9
Women who breastfeed have saggy breasts	35.2	38.6	26.1
It is okay for women to breastfeed if there are men in the room	40.5	40.5	19
It is okay for women to breastfeed if other women are in the room	75.6	18.6	5.8
I would encourage my friends to breastfeed	86.2	12.6	1.1



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #54 (N=101)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	3.3	White	15.5	Less than high school diploma	31.6
18-24	52.2	African American	11.3	High school diploma/GED	33.7
25-29	22.8	Hispanic	73.2	Vocational/technical school graduate	10.5
30-34	15.2	Other	0.0	Some college	18.9
35-39	5.4			College degree (BA, AA)	2.1
40+	1.1			Beyond college/Graduate school	3.2

BREASTFEEDING DURATION

Duration	%
Never	21.1
Less than 1 week	11.6
1-2 weeks	9.5
3-4 weeks	9.5
1-3 months	5.3
4-6 months	16.8
7-11 months	10.5
12 months or more	10.5
Still breastfeeding	5.3

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	7.9
Soy milk	5.4
Formula	60.0
Juice	7.5
Tea	5.8
Sugar water	5.2
Cereal	18.5
Other foods	9.4

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 6.9%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 22.2%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	89.1
Your baby stayed in the same room as you	90.3
You breastfed your baby in the hospital	74.2
You breastfed your baby in the first hour after your baby was born	43.6
The hospital staff helped you learn how to breastfeed	66.7
Your baby had only breast milk at the hospital	22.6
The hospital staff told you to breastfeed whenever your baby wanted	66.3
The hospital staff gave you a gift pack that included formula	83.9
The hospital staff gave you a telephone number to call for help when breastfeeding	65.2
Your baby used a pacifier in the hospital	52.7
Your baby got sugar water (glucose water)	10.0

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	27.8
Had to go back to work or school	37.5
My husband/partner did not want me to	5.9
I was sick or taking medication	5.9
I could not drink alcohol	0.0
I could not smoke cigarettes	5.9
I did not think my baby would get enough milk	17.6
My friends did not want me to	5.9
My family did not want me to	5.9
No one could answer my questions about breastfeeding	11.8
My baby was too sick	5.9
I was not producing enough milk	15.8
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	11.8
I had too many other things to do	11.8

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	31.5
Going back to work or school	30.9
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	22.6
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby was getting enough milk	43.9
My friends wanted me to stop	1.9
My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0
My baby got sick	5.7
I was not producing enough milk	44.1
I did not have a private place to breastfeed	7.8
I wanted to go on a diet to lose weight	1.9
I had too many other things to do	13.5

I did not want to breastfeed	44.4
People told me it was really hard	27.8
I did not think I would be able to	5.9

I breastfed long enough for my baby to get the benefits	35.2
I was afraid my baby would bit or hurt me	7.5
Breastfeeding was tiring for me	5.7
Breastfeeding gave me sore nipples/breasts	20.8
Breastfeeding made me feel sad or unhappy	3.8
I could not tell how much my baby ate	23.6
I felt embarrassed breastfeeding in front of others	5.7
Breastfeeding was strange once my baby got older	5.8
My husband/partner wanted to feed the baby	25.5
My baby wanted to breastfeed all the time	15.1
I wanted/needed someone else to feed the baby	9.8
I got pregnant again	13.2
Baby wasn't gaining enough weight	17.0

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	74.0	Mother	37.5
Sister(s)	46.2	Sister	23.1
Husband/partner	66.3	Husband/partner	45.2
Doctor	81.4	Doctor	44.0
Baby's doctor (pediatrician)	69.9	Baby's doctor (pediatrician)	42.4
Grandmother	36.4	Grandmother	17.6
Nurse	74.4	Nurse	42.9
Midwife	6.8	Midwife	7.9
Friend(s)	57.3	Friend	28.1
Another female relative	69.6	Another female relative	29.7
WIC counselor or staff	89.1	WIC counselor or staff	55.3
Non-WIC lactation consultant (specialist)	41.8		
La Leche League counselor	8.0		
Anyone with church (reverend, pastor, priest, rabbi)	13.6		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	88.7	3.1	8.2
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	66.3	3.2	30.5
Infants who are breastfed or receive pumped breast milk do not get sick as often	75.8	3.2	21.1
Breastfeeding has benefits for mothers	72.3	4.3	23.4
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	57.9	3.2	38.9

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	50.5	2.2	47.3
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	61.5	34.1	4.4
In the long run, formula fed babies are just as healthy as breastfed babies	58.7	29.3	12
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	73.0	20.2	6.7
It is okay for women to breastfeed in public places like restaurants, parks, etc.	64.4	29.9	5.7
Breastfeeding allows you to control your time more than formula feeding	40.2	32.2	27.6
People in your community think it is important for women to breastfeed	56.7	37.8	5.6
Your family thinks mothers should breastfeed	65.6	26.7	7.8
Newly developed formulas are just as good for infants as breast milk	43.8	37.1	19.1
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	59.6	28.1	12.4
Women who breastfeed have saggy breasts	36.4	46.6	17.0
It is okay for women to breastfeed if there are men in the room	39.3	30.3	30.3
It is okay for women to breastfeed if other women are in the room	74.7	22.0	3.3
I would encourage my friends to breastfeed	77.3	22.7	0.0



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #59 (N=64)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	1.8	White	0.0	Less than high school diploma	38.3
18-24	33.3	African American	0.0	High school diploma/GED	36.7
25-29	33.3	Hispanic	100.0	Vocational/technical school graduate	10.0
30-34	15.8	Other	0.0	Some college	13.3
35-39	12.3			College degree (BA, AA)	1.7
40+	3.5			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	15.3
Less than 1 week	10.2
1-2 weeks	3.4
3-4 weeks	1.7
1-3 months	6.8
4-6 months	16.9
7-11 months	18.6
12 months or more	6.8
Still breastfeeding	20.3

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	5.4
Soy milk	0.0
Formula	47.6
Juice	7.9
Tea	6.1
Sugar water	0.0
Cereal	9.8
Other foods	5.3

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 2.5%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 30.0%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

	Experience	%
	The hospital staff gave you information about breastfeeding	87.9
	Your baby stayed in the same room as you	76.4
	You breastfed your baby in the hospital	79.7
	You breastfed your baby in the first hour after your baby was born	45.5
	The hospital staff helped you learn how to breastfeed	69.0
	Your baby had only breast milk at the hospital	29.1
	The hospital staff told you to breastfeed whenever your baby wanted	66.1
	The hospital staff gave you a gift pack that included formula	87.3
	The hospital staff gave you a telephone number to call for help when breastfeeding	76.8
	Your baby used a pacifier in the hospital	67.9
	Your baby got sugar water (glucose water)	3.8

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	16.7	Baby seemed ready to stop	34.3
Had to go back to work or school	50	Going back to work or school	35.5
My husband/partner did not want me to	0.0	My husband/partner wanted me to stop	6.7
I was sick or taking medication	0.0	I got sick or started taking medication	20.6
I could not drink alcohol	0.0	I could not drink alcohol	0.0
I could not smoke cigarettes	0.0	I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	16.7	I did not think my baby was getting enough milk	50.0
My friends did not want me to	0.0	My friends wanted me to stop	0.0
My family did not want me to	0.0	My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	3.4
My baby was too sick	0.0	My baby got sick	0.0
I was not producing enough milk	0.0	I was not producing enough milk	34.4
I did not have a private place to breastfeed	0.0	I did not have a private place to breastfeed	6.7
I wanted to go on a diet to lose weight	0.0	I wanted to go on a diet to lose weight	6.5
I had too many other things to do	0.0	I had too many other things to do	9.7
I did not want to breastfeed	50	I breastfed long enough for my baby to get the benefits	40.6
People told me it was really hard	0.0	I was afraid my baby would bit or hurt me	19.4
I did not think I would be able to	0.0	Breastfeeding was tiring for me	6.5
		Breastfeeding gave me sore nipples/breasts	19.4
		Breastfeeding made me feel sad or unhappy	3.3
		I could not tell how much my baby ate	31.3
		I felt embarrassed breastfeeding in front of others	9.7
		Breastfeeding was strange once my baby got older	0.0
		My husband/partner wanted to feed the baby	9.7
		My baby wanted to breastfeed all the time	10.0
		I wanted/needed someone else to feed the baby	6.7
		I got pregnant again	9.4
		Baby wasn't gaining enough weight	10.0

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	68.3	Mother	47.5
Sister(s)	42.6	Sister	25.5
Husband/partner	73.2	Husband/partner	56.9
Doctor	71.2	Doctor	60.0
Baby's doctor (pediatrician)	64.3	Baby's doctor (pediatrician)	60.0
Grandmother	36.8	Grandmother	17.5
Nurse	67.3	Nurse	45.5
Midwife	5.7	Midwife	1.8
Friend(s)	56.9	Friend	23.6
Another female relative	66.1	Another female relative	38.2
WIC counselor or staff	98.4	WIC counselor or staff	80.3
Non-WIC lactation consultant (specialist)	50.0		
La Leche League counselor	11.3		
Anyone with church (reverend, pastor, priest, rabbi)	3.8		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	95.2	3.2	1.6
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	86.9	1.6	11.5
Infants who are breastfed or receive pumped breast milk do not get sick as often	93.3	1.7	5.0
Breastfeeding has benefits for mothers	86.9	0.0	13.1
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	75.0	3.3	21.7

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	48.4	4.8	46.8
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	66.1	30.5	3.4
In the long run, formula fed babies are just as healthy as breastfed babies	49.2	25.4	25.4
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	81.4	8.5	10.2
It is okay for women to breastfeed in public places like restaurants, parks, etc.	60.0	29.1	10.9
Breastfeeding allows you to control your time more than formula feeding	58.3	30.0	11.7
People in your community think it is important for women to breastfeed	60.3	36.2	3.4
Your family thinks mothers should breastfeed	70.5	19.7	9.8
Newly developed formulas are just as good for infants as breast milk	44.6	35.7	19.6
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	73.8	11.5	14.8
Women who breastfeed have saggy breasts	34.5	31.0	34.5
It is okay for women to breastfeed if there are men in the room	33.3	36.7	30.0
It is okay for women to breastfeed if other women are in the room	82.8	13.8	3.4
I would encourage my friends to breastfeed	86.9	13.1	0.0



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #69 (N=81)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	5.2	White	34.6	Less than high school diploma	22.1
18-24	45.5	African American	2.6	High school diploma/GED	44.2
25-29	28.6	Hispanic	62.8	Vocational/technical school graduate	2.6
30-34	11.7	Other	0.0	Some college	28.6
35-39	5.2			College degree (BA, AA)	2.6
40+	3.9			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	50.0
Less than 1 week	10.5
1-2 weeks	7.9
3-4 weeks	9.2
1-3 months	9.2
4-6 months	1.3
7-11 months	1.3
12 months or more	2.6
Still breastfeeding	7.9

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	6.7
Soy milk	7.4
Formula	72.7
Juice	14.3
Tea	7.4
Sugar water	18.5
Cereal	28.6
Other foods	15.4

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 0.0%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 5.7%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

	Experience	%
	The hospital staff gave you information about breastfeeding	84.8
	Your baby stayed in the same room as you	86.3
	You breastfed your baby in the hospital	48.8
	You breastfed your baby in the first hour after your baby was born	37.5
	The hospital staff helped you learn how to breastfeed	51.2
	Your baby had only breast milk at the hospital	10.0
	The hospital staff told you to breastfeed whenever your baby wanted	48.7
	The hospital staff gave you a gift pack that included formula	87.5
	The hospital staff gave you a telephone number to call for help when breastfeeding	48.1
	Your baby used a pacifier in the hospital	71.3
	Your baby got sugar water (glucose water)	19.2

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	18.8	Baby seemed ready to stop	16.7
Had to go back to work or school	38.7	Going back to work or school	16.7
My husband/partner did not want me to	3.4	My husband/partner wanted me to stop	6.9
I was sick or taking medication	19.4	I got sick or started taking medication	6.7
I could not drink alcohol	0.0	I could not drink alcohol	0.0
I could not smoke cigarettes	3.4	I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	29.0	I did not think my baby was getting enough milk	51.5
My friends did not want me to	3.3	My friends wanted me to stop	0.0
My family did not want me to	6.7	My family wanted me to stop	3.3
No one could answer my questions about breastfeeding	6.7	No one could answer my questions about breastfeeding	0.0
My baby was too sick	6.5	My baby got sick	0.0
I was not producing enough milk	20.0	I was not producing enough milk	50.0
I did not have a private place to breastfeed	3.3	I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	16.7	I wanted to go on a diet to lose weight	0.0
I had too many other things to do	16.1	I had too many other things to do	12.9
I did not want to breastfeed	64.7	I breastfed long enough for my baby to get the benefits	13.3
People told me it was really hard	12.9	I was afraid my baby would bit or hurt me	6.7
I did not think I would be able to	29.0	Breastfeeding was tiring for me	9.7
		Breastfeeding gave me sore nipples/breasts	28.1
		Breastfeeding made me feel sad or unhappy	0.0
		I could not tell how much my baby ate	35.5
		I felt embarrassed breastfeeding in front of others	3.3
		Breastfeeding was strange once my baby got older	3.4
		My husband/partner wanted to feed the baby	6.7
		My baby wanted to breastfeed all the time	12.9
		I wanted/needed someone else to feed the baby	13.8
		I got pregnant again	0.0
		Baby wasn't gaining enough weight	17.2

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	48.8	Mother	31.6
Sister(s)	21.1	Sister	16.9
Husband/partner	50.0	Husband/partner	42.1
Doctor	67.9	Doctor	41.3
Baby's doctor (pediatrician)	64.6	Baby's doctor (pediatrician)	40.5
Grandmother	24.1	Grandmother	17.7
Nurse	65.0	Nurse	41.0
Midwife	2.7	Midwife	0.0
Friend(s)	32.9	Friend	26.9
Another female relative	48.8	Another female relative	26.9
WIC counselor or staff	90.0	WIC counselor or staff	48.7
Non-WIC lactation consultant (specialist)	21.5		
La Leche League counselor	7.8		
Anyone with church (reverend, pastor, priest, rabbi)	6.6		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	92.4	3.8	3.8
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	63.3	11.4	25.3
Infants who are breastfed or receive pumped breast milk do not get sick as often	70.5	12.8	16.7
Breastfeeding has benefits for mothers	73.1	2.6	24.4
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	58.2	8.9	32.9

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	48.7	2.6	48.7
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	56.4	34.6	9
In the long run, formula fed babies are just as healthy as breastfed babies	58.2	25.3	16.5
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	66.7	23.1	10.3
It is okay for women to breastfeed in public places like restaurants, parks, etc.	64.1	26.9	9
Breastfeeding allows you to control your time more than formula feeding	41	30.8	28.2
People in your community think it is important for women to breastfeed	36.7	53.2	10.1
Your family thinks mothers should breastfeed	41.6	41.6	16.9
Newly developed formulas are just as good for infants as breast milk	42.3	34.6	23.1
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	39.2	21.5	39.2
Women who breastfeed have saggy breasts	15.2	51.9	32.9
It is okay for women to breastfeed if there are men in the room	39.7	35.9	24.4
It is okay for women to breastfeed if other women are in the room	74.7	21.5	3.8
I would encourage my friends to breastfeed	60.3	34.6	5.1



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #76 OUTREACH HEALTH SERVICES WIC PROGRAM (N=84)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	2.8	White	45.6	Less than high school diploma	31.3
18-24	46.5	African American	5.1	High school diploma/GED	42.5
25-29	32.4	Hispanic	45.6	Vocational/technical school graduate	7.5
30-34	12.7	Other	3.8	Some college	12.5
35-39	5.6			College degree (BA, AA)	6.3
40+	0.0			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	23.4
Less than 1 week	3.9
1-2 weeks	5.2
3-4 weeks	7.8
1-3 months	10.4
4-6 months	16.9
7-11 months	3.9
12 months or more	5.2
Still breastfeeding	23.4

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	22.2
Soy milk	3.3
Formula	56.5
Juice	31.6
Tea	11.8
Sugar water	8.6
Cereal	26.8
Other foods	25.0

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING (N=46)

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 2.2%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 10.9%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	78.5
Your baby stayed in the same room as you	94.9
You breastfed your baby in the hospital	75.9
You breastfed your baby in the first hour after your baby was born	62.0
The hospital staff helped you learn how to breastfeed	51.3
Your baby had only breast milk at the hospital	37.2
The hospital staff told you to breastfeed whenever your baby wanted	56.6
The hospital staff gave you a gift pack that included formula	87.3
The hospital staff gave you a telephone number to call for help when breastfeeding	53.8
Your baby used a pacifier in the hospital	51.3
Your baby got sugar water (glucose water)	26.3

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	15.4	Baby seemed ready to stop	38.9
Had to go back to work or school	46.2	Going back to work or school	36.4
My husband/partner did not want me to	0.0	My husband/partner wanted me to stop	0.0
I was sick or taking medication	16.7	I got sick or started taking medication	10.0
I could not drink alcohol	0.0	I could not drink alcohol	6.7
I could not smoke cigarettes	8.3	I could not smoke cigarettes	3.4
I did not think my baby would get enough milk	8.3	I did not think my baby was getting enough milk	44.4
My friends did not want me to	0.0	My friends wanted me to stop	0.0
My family did not want me to	8.3	My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	0.0
My baby was too sick	0.0	My baby got sick	6.9
I was not producing enough milk	7.7	I was not producing enough milk	45.5
I did not have a private place to breastfeed	0.0	I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	16.7	I wanted to go on a diet to lose weight	3.2
I had too many other things to do	25.0	I had too many other things to do	16.7
I did not want to breastfeed	60.0	I breastfed long enough for my baby to get the benefits	33.3
People told me it was really hard	33.3	I was afraid my baby would bit or hurt me	17.6
I did not think I would be able to	25.0	Breastfeeding was tiring for me	12.9
		Breastfeeding gave me sore nipples/breasts	42.4
		Breastfeeding made me feel sad or unhappy	3.4
		I could not tell how much my baby ate	33.3
		I felt embarrassed breastfeeding in front of others	16.7
		Breastfeeding was strange once my baby got older	0.0
		My husband/partner wanted to feed the baby	6.9
		My baby wanted to breastfeed all the time	10.3
		I wanted/needed someone else to feed the baby	16.1
		I got pregnant again	0.0
		Baby wasn't gaining enough weight	3.3

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	57.9	Mother	39.7
Sister(s)	36.6	Sister	18.9
Husband/partner	67.5	Husband/partner	61.0
Doctor	63.7	Doctor	42.9
Baby's doctor (pediatrician)	65.4	Baby's doctor (pediatrician)	46.7
Grandmother	29.3	Grandmother	17.3
Nurse	63.6	Nurse	38.2
Midwife	14.7	Midwife	10.8
Friend(s)	50.6	Friend	29.3
Another female relative	55.3	Another female relative	30.7
WIC counselor or staff	88.3	WIC counselor or staff	56.6
Non-WIC lactation consultant (specialist)	36.0		
La Leche League counselor	12.3		
Anyone with church (reverend, pastor, priest, rabbi)	15.1		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	91.1	1.3	7.6
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	72.2	2.5	25.4
Infants who are breastfed or receive pumped breast milk do not get sick as often	76.9	3.8	19.2
Breastfeeding has benefits for mothers	67.9	2.6	29.5
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	63.3	2.5	34.2

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	39.7	2.6	57.7
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	56.6	38.2	5.3
In the long run, formula fed babies are just as healthy as breastfed babies	48.7	30.3	21.1
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	76.3	11.8	11.8
It is okay for women to breastfeed in public places like restaurants, parks, etc.	60.0	22.7	17.3
Breastfeeding allows you to control your time more than formula feeding	49.3	27.4	23.3
People in your community think it is important for women to breastfeed	46.1	47.4	6.6
Your family thinks mothers should breastfeed	53.2	36.4	10.4
Newly developed formulas are just as good for infants as breast milk	38.2	30.3	31.6
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	61.3	22.7	16.0
Women who breastfeed have saggy breasts	28.6	48.1	23.4
It is okay for women to breastfeed if there are men in the room	49.4	35.1	15.6
It is okay for women to breastfeed if other women are in the room	80.5	11.7	7.8
I would encourage my friends to breastfeed	75.3	20.8	3.9



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #77 UTMB REGIONAL WIC PROGRAM (N=219)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	3.1	White	40.2	Less than high school diploma	29.0
18-24	44.4	African American	18.2	High school diploma/GED	32.4
25-29	31.6	Hispanic	39.7	Vocational/technical school graduate	3.4
30-34	16.3	Other	1.9	Some college	28.0
35-39	4.1			College degree (BA, AA)	6.8
40+	0.5			Beyond college/Graduate school	0.5

BREASTFEEDING DURATION

Duration	%
Never	29.4
Less than 1 week	6.1
1-2 weeks	5.6
3-4 weeks	10.2
1-3 months	12.2
4-6 months	11.7
7-11 months	7.6
12 months or more	4.6
Still breastfeeding	12.7

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	14.3
Soy milk	5.7
Formula	54.3
Juice	17.5
Tea	7.5
Sugar water	16.5
Cereal	27.7
Other foods	15.8

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 10.5%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 21.8%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

	Experience	%
	The hospital staff gave you information about breastfeeding	82.7
	Your baby stayed in the same room as you	72.5
	You breastfed your baby in the hospital	6.2
	You breastfed your baby in the first hour after your baby was born	42.4
	The hospital staff helped you learn how to breastfeed	58.4
	Your baby had only breast milk at the hospital	23.4
	The hospital staff told you to breastfeed whenever your baby wanted	52.4
	The hospital staff gave you a gift pack that included formula	87.2
	The hospital staff gave you a telephone number to call for help when breastfeeding	55.9
	Your baby used a pacifier in the hospital	67.4
	Your baby got sugar water (glucose water)	25.4

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	19.6	Baby seemed ready to stop	29.9
Had to go back to work or school	45.8	Going back to work or school	32.7
My husband/partner did not want me to	11.4	My husband/partner wanted me to stop	0.0
I was sick or taking medication	17.8	I got sick or started taking medication	17.6
I could not drink alcohol	4.7	I could not drink alcohol	2.0
I could not smoke cigarettes	11.6	I could not smoke cigarettes	1.0
I did not think my baby would get enough milk	23.3	I did not think my baby was getting enough milk	40.6
My friends did not want me to	2.3	My friends wanted me to stop	0.0
My family did not want me to	2.3	My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	7.0	No one could answer my questions about breastfeeding	1.0
My baby was too sick	4.5	My baby got sick	5.0
I was not producing enough milk	16.3	I was not producing enough milk	41.3
I did not have a private place to breastfeed	9.3	I did not have a private place to breastfeed	7.0
I wanted to go on a diet to lose weight	4.7	I wanted to go on a diet to loose weight	2.9
I had too many other things to do	25.0	I had too many other things to do	10.9
I did not want to breastfeed	69.2	I breastfed long enough for my baby to get the benefits	30.8
People told me it was really hard	23.3	I was afraid my baby would bit or hurt me	10.8
I did not think I would be able to	25.6	Breastfeeding was tiring for me	19.6
		Breastfeeding gave me sore nipples/breasts	33.0
		Breastfeeding made me feel sad or unhappy	5.9
		I could not tell how much my baby ate	27.9
		I felt embarrassed breastfeeding in front of others	8.8
		Breastfeeding was strange once my baby got older	3.0
		My husband/partner wanted to feed the baby	8.8
		My baby wanted to breastfeed all the time	20.6
		I wanted/needed someone else to feed the baby	13.0
		I got pregnant again	4.9
		Baby wasn't gaining enough weight	5.9

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	62.4	Mother	40.7
Sister(s)	36.5	Sister	17.7
Husband/partner	54.4	Husband/partner	49.3
Doctor	71.4	Doctor	46.4
Baby's doctor (pediatrician)	73.3	Baby's doctor (pediatrician)	50.2
Grandmother	30.5	Grandmother	15.9
Nurse	72.5	Nurse	35.7
Midwife	19.8	Midwife	12.4
Friend(s)	49.3	Friend	22.5
Another female relative	51.5	Another female relative	25.1
WIC counselor or staff	89.0	WIC counselor or staff	49.3
Non-WIC lactation consultant (specialist)	36.6		
La Leche League counselor	13.3		
Anyone with church (reverend, pastor, priest, rabbi)	19.0		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	83.4	3.4	13.2
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	64.5	5.4	30.0
Infants who are breastfed or receive pumped breast milk do not get sick as often	68.8	5.9	25.2
Breastfeeding has benefits for mothers	75.1	1.0	23.9
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	58.8	4.4	36.8

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	48.5	2.5	49.0
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	48.5	2.5	49.0
In the long run, formula fed babies are just as healthy as breastfed babies	56.2	33.0	10.8
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	55.6	24.7	19.7
It is okay for women to breastfeed in public places like restaurants, parks, etc.	70.7	15.7	13.6
Breastfeeding allows you to control your time more than formula feeding	68.0	23.9	8.1
People in your community think it is important for women to breastfeed	38.8	34.7	26.5
Your family thinks mothers should breastfeed	40.7	50.5	8.8
Newly developed formulas are just as good for infants as breast milk	57.0	32.0	11.0
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	50.3	31.0	18.8
Women who breastfeed have saggy breasts	57.7	25.3	17.0
It is okay for women to breastfeed if there are men in the room	32.8	48.7	18.5
It is okay for women to breastfeed if other women are in the room	43.4	35.7	20.9
I would encourage my friends to breastfeed	71.1	25.8	3.1



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY # 83 – DSHS REGIONS 9/10 WIC PROGRAM (N= 91)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	3.5	White	32.2	Less than high school diploma	29.4
18-24	51.2	African American	2.2	High school diploma/GED	35.3
25-29	24.4	Hispanic	64.4	Vocational/technical school graduate	3.5
30-34	12.8	Other	1.1	Some college	30.6
35-39	3.5			College degree (BA, AA)	1.2
40+	4.7			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	33.7
Less than 1 week	9.0
1-2 weeks	6.7
3-4 weeks	16.9
1-3 months	11.2
4-6 months	12.4
7-11 months	4.5
12 months or more	1.1
Still breastfeeding	4.5

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	4.2
Soy milk	2.2
Formula	51.9
Juice	10.9
Tea	9.5
Sugar water	17.0
Cereal	19.6
Other foods	16.7

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING (N=56)

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 3.6%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 10.7%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	85.4
Your baby stayed in the same room as you	77.0
You breastfed your baby in the hospital	64.0
You breastfed your baby in the first hour after your baby was born	46.6
The hospital staff helped you learn how to breastfeed	54.1
Your baby had only breast milk at the hospital	27.3
The hospital staff told you to breastfeed whenever your baby wanted	45.1
The hospital staff gave you a gift pack that included formula	88.5
The hospital staff gave you a telephone number to call for help when breastfeeding	52.9
Your baby used a pacifier in the hospital	61.4
Your baby got sugar water (glucose water)	28.7

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	8.3
Had to go back to work or school	44.0
My husband/partner did not want me to	4.3
I was sick or taking medication	8.3
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	0.0
My friends did not want me to	0.0
My family did not want me to	4.3
No one could answer my questions about breastfeeding	4.2
My baby was too sick	0.0
I was not producing enough milk	26.1
I did not have a private place to breastfeed	4.2
I wanted to go on a diet to lose weight	0.0
I had too many other things to do	13.0

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	19.1
Going back to work or school	30.0
My husband/partner wanted me to stop	4.2
I got sick or started taking medication	18.0
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby was getting enough milk	54.9
My friends wanted me to stop	0.0
My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	6.1
My baby got sick	8.0
I was not producing enough milk	51.0
I did not have a private place to breastfeed	2.1
I wanted to go on a diet to lose weight	0.0
I had too many other things to do	6.4

I did not want to breastfeed	65.5
People told me it was really hard	4.2
I did not think I would be able to	13.0

I breastfed long enough for my baby to get the benefits	20.4
I was afraid my baby would bite or hurt me	8.5
Breastfeeding was tiring for me	12.5
Breastfeeding gave me sore nipples/breasts	30.0
Breastfeeding made me feel sad or unhappy	4.3
I could not tell how much my baby ate	38.3
I felt embarrassed breastfeeding in front of others	8.3
Breastfeeding was strange once my baby got older	6.3
My husband/partner wanted to feed the baby	10.6
My baby wanted to breastfeed all the time	10.4
I wanted/needed someone else to feed the baby	6.3
I got pregnant again	2.1
Baby wasn't gaining enough weight	8.7

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	61.6	Mother	37.6
Sister(s)	38.1	Sister	16.9
Husband/partner	55.1	Husband/partner	36.8
Doctor	72.7	Doctor	46.1
Baby's doctor (pediatrician)	68.6	Baby's doctor (pediatrician)	50.0
Grandmother	42.4	Grandmother	20.0
Nurse	71.8	Nurse	43.5
Midwife	9.6	Midwife	4.8
Friend(s)	47.7	Friend	15.5
Another female relative	60.7	Another female relative	29.8
WIC counselor or staff	82.6	WIC counselor or staff	50.6
Non-WIC lactation consultant (specialist)	25.0		
La Leche League counselor	6.2		
Anyone with church (reverend, pastor, priest, rabbi)	12.2		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	83.3	3.3	13.3
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	65.6	6.7	27.8
Infants who are breastfed or receive pumped breast milk do not get sick as often	73.0	3.4	23.6
Breastfeeding has benefits for mothers			
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	74.4	4.4	21.1

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	42.7	2.2	55.1
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	58.6	39.1	2.3
In the long run, formula fed babies are just as healthy as breastfed babies	51.1	21.1	27.8
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	70.1	17.2	12.6
It is okay for women to breastfeed in public places like restaurants, parks, etc.	65.2	21.3	13.5
Breastfeeding allows you to control your time more than formula feeding	32.6	40.7	26.7
People in your community think it is important for women to breastfeed	43.2	55.7	1.1
Your family thinks mothers should breastfeed	63.2	25.3	11.5
Newly developed formulas are just as good for infants as breast milk	36.0	36.0	28.1
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	52.9	25.3	21.8
Women who breastfeed have saggy breasts	21.3	47.2	31.5
It is okay for women to breastfeed if there are men in the room	39.5	40.7	19.8
It is okay for women to breastfeed if other women are in the room	70.8	27.0	2.2
I would encourage my friends to breastfeed	64.4	33.3	2.2



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #84 (N=49)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	4.7	White	25.0	Less than high school diploma	38.8
18-24	46.5	African American	12.5	High school diploma/GED	34.7
25-29	27.9	Hispanic	62.5	Vocational/technical school graduate	6.1
30-34	16.3	Other	0.0	Some college	20.4
35-39	0.0			College degree (BA, AA)	0.0
40+	4.7			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	25.0
Less than 1 week	2.3
1-2 weeks	0.0
3-4 weeks	11.4
1-3 months	20.5
4-6 months	11.4
7-11 months	11.4
12 months or more	6.8
Still breastfeeding	11.4

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	3.7
Soy milk	0.0
Formula	46.9
Juice	27.6
Tea	12.0
Sugar water	8.3
Cereal	26.7
Other foods	29.4

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 6.1%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 21.2%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

	Experience	%
	The hospital staff gave you information about breastfeeding	79.1
	Your baby stayed in the same room as you	71.4
	You breastfed your baby in the hospital	76.7
	You breastfed your baby in the first hour after your baby was born	43.9
	The hospital staff helped you learn how to breastfeed	69.0
	Your baby had only breast milk at the hospital	19.0
	The hospital staff told you to breastfeed whenever your baby wanted	52.5
	The hospital staff gave you a gift pack that included formula	92.9
	The hospital staff gave you a telephone number to call for help when breastfeeding	58.5
	Your baby used a pacifier in the hospital	47.6
	Your baby got sugar water (glucose water)	10.3

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	30.0	Baby seemed ready to stop	34.6
Had to go back to work or school	50.0	Going back to work or school	32.0
My husband/partner did not want me to	0.0	My husband/partner wanted me to stop	4.2
I was sick or taking medication	0.0	I got sick or started taking medication	16.0
I could not drink alcohol	0.0	I could not drink alcohol	0.0
I could not smoke cigarettes	10.0	I could not smoke cigarettes	4.2
I did not think my baby would get enough milk	10.0	I did not think my baby was getting enough milk	38.5
My friends did not want me to	0.0	My friends wanted me to stop	0.0
My family did not want me to	0.0	My family wanted me to stop	4.2
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	4.2
My baby was too sick	0.0	My baby got sick	0.0
I was not producing enough milk	27.3	I was not producing enough milk	44.0
I did not have a private place to breastfeed	10.0	I did not have a private place to breastfeed	8.3
I wanted to go on a diet to lose weight	0.0	I wanted to go on a diet to lose weight	0.0
I had too many other things to do	10.0	I had too many other things to do	4.2
I did not want to breastfeed	63.6	I breastfed long enough for my baby to get the benefits	34.6
People told me it was really hard	10.0	I was afraid my baby would bite or hurt me	4.2
I did not think I would be able to	10.0	Breastfeeding was tiring for me	4.2
		Breastfeeding gave me sore nipples/breasts	12.5
		Breastfeeding made me feel sad or unhappy	4.2
		I could not tell how much my baby ate	36.0
		I felt embarrassed breastfeeding in front of others	0.0
		Breastfeeding was strange once my baby got older	4.2
		My husband/partner wanted to feed the baby	8.3
		My baby wanted to breastfeed all the time	8.3
		I wanted/needed someone else to feed the baby	4.2
		I got pregnant again	12.5
		Baby wasn't gaining enough weight	4.2

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	63.3	Mother	51.1
Sister(s)	37.0	Sister	19.0
Husband/partner	60.4	Husband/partner	55.3
Doctor	72.9	Doctor	44.2
Baby's doctor (pediatrician)	70.5	Baby's doctor (pediatrician)	54.5
Grandmother	26.7	Grandmother	20.9
Nurse	70.2	Nurse	51.2
Midwife	15.6	Midwife	9.5
Friend(s)	46.9	Friend	30.2
Another female relative	54.5	Another female relative	34.9
WIC counselor or staff	89.8	WIC counselor or staff	57.8
Non-WIC lactation consultant (specialist)	48.8		
La Leche League counselor	7.1		
Anyone with church (reverend, pastor, priest, rabbi)	16.7		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	97.8	2.2	0.0
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	71.7	4.3	23.9
Infants who are breastfed or receive pumped breast milk do not get sick as often	82.6	4.3	13.0
Breastfeeding has benefits for mothers	78.3	4.3	17.4
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	68.9	4.4	26.7

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	66.7	4.4	28.9
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	61.9	35.7	2.4
In the long run, formula fed babies are just as healthy as breastfed babies	54.5	27.3	18.2
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	73.3	17.8	8.9
It is okay for women to breastfeed in public places like restaurants, parks, etc.	63.6	25.0	11.4
Breastfeeding allows you to control your time more than formula feeding	56.8	25.0	18.2
People in your community think it is important for women to breastfeed	41.9	51.2	7.0
Your family thinks mothers should breastfeed	54.5	31.8	13.6
Newly developed formulas are just as good for infants as breast milk	54.8	28.6	16.7
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	60.0	20.0	20.0
Women who breastfeed have saggy breasts	27.3	47.7	25.0
It is okay for women to breastfeed if there are men in the room	31.8	47.7	25.0
It is okay for women to breastfeed if other women are in the room	68.9	26.7	4.4
I would encourage my friends to breastfeed	71.1	24.4	4.4



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #87 (N= 76)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	7.9	White	48.7	Less than high school diploma	40.5
18-24	53.9	African American	7.9	High school diploma/GED	27.0
25-29	18.4	Hispanic	40.8	Vocational/technical school graduate	4.1
30-34	14.5	Other	2.6	Some college	24.3
35-39	3.9			College degree (BA, AA)	4.1
40+	1.3			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	30.3
Less than 1 week	10.5
1-2 weeks	1.3
3-4 weeks	5.3
1-3 months	11.8
4-6 months	9.2
7-11 months	7.9
12 months or more	5.3
Still breastfeeding	18.4

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	7.5
Soy milk	8.1
Formula	62.5
Juice	12.2
Tea	2.9
Sugar water	10.8
Cereal	28.6
Other foods	11.1

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 6.4%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 25.5%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	74.3
Your baby stayed in the same room as you	80.3
You breastfed your baby in the hospital	59.2
You breastfed your baby in the first hour after your baby was born	46.5
The hospital staff helped you learn how to breastfeed	52.1
Your baby had only breast milk at the hospital	21.4
The hospital staff told you to breastfeed whenever your baby wanted	41.4
The hospital staff gave you a gift pack that included formula	83.1
The hospital staff gave you a telephone number to call for help when breastfeeding	33.8
Your baby used a pacifier in the hospital	54.3
Your baby got sugar water (glucose water)	22.4

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	15.8
Had to go back to work or school	35.3
My husband/partner did not want me to	0.0
I was sick or taking medication	27.8
I could not drink alcohol	0.0
I could not smoke cigarettes	5.6
I did not think my baby would get enough milk	0.0
My friends did not want me to	0.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	0.0
My baby was too sick	0.0
I was not producing enough milk	5.3
I did not have a private place to breastfeed	5.9
I wanted to go on a diet to lose weight	0.0
I had too many other things to do	5.9

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	24.2
Going back to work or school	0.0
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	9.1
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby was getting enough milk	37.5
My friends wanted me to stop	0.0
My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0
My baby got sick	0.0
I was not producing enough milk	40.0
I did not have a private place to breastfeed	3.2
I wanted to go on a diet to lose weight	0.0
I had too many other things to do	3.2

I did not want to breastfeed	66.7
People told me it was really hard	0.0
I did not think I would be able to	0.0

I breastfed long enough for my baby to get the benefits	22.6
I was afraid my baby would bite or hurt me	9.4
Breastfeeding was tiring for me	6.1
Breastfeeding gave me sore nipples/breasts	21.9
Breastfeeding made me feel sad or unhappy	0.0
I could not tell how much my baby ate	29.0
I felt embarrassed breastfeeding in front of others	3.2
Breastfeeding was strange once my baby got older	0.0
My husband/partner wanted to feed the baby	16.1
My baby wanted to breastfeed all the time	12.9
I wanted/needed someone else to feed the baby	6.5
I got pregnant again	3.2
Baby wasn't gaining enough weight	6.7

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	58.1	Mother	40.3
Sister(s)	35.2	Sister	22.2
Husband/partner	54.7	Husband/partner	40.5
Doctor	58.9	Doctor	29.2
Baby's doctor (pediatrician)	51.4	Baby's doctor (pediatrician)	35.6
Grandmother	34.3	Grandmother	13.9
Nurse	51.4	Nurse	25.0
Midwife	16.7	Midwife	12.5
Friend(s)	31.9	Friend	11.1
Another female relative	44.4	Another female relative	18.1
WIC counselor or staff	79.7	WIC counselor or staff	43.2
Non-WIC lactation consultant (specialist)	30.4		
La Leche League counselor	4.3		
Anyone with church (reverend, pastor, priest, rabbi)	9.9		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	90.4	1.4	8.2
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	69.4	1.4	29.2
Infants who are breastfed or receive pumped breast milk do not get sick as often	65.3	4.2	30.6
Breastfeeding has benefits for mothers	71.2	6.8	21.9
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	49.3	4.1	46.6

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	38.4	1.4	60.3
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	42.9	54.3	2.9
In the long run, formula fed babies are just as healthy as breastfed babies	53.6	30.4	15.9
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	65.7	24.3	10.0
It is okay for women to breastfeed in public places like restaurants, parks, etc.	68.6	24.3	7.1
Breastfeeding allows you to control your time more than formula feeding	38.2	44.1	17.6
People in your community think it is important for women to breastfeed	46.4	44.9	8.7
Your family thinks mothers should breastfeed	59.2	31.0	9.9
Newly developed formulas are just as good for infants as breast milk	35.8	37.8	26.9
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	45.7	37.1	17.1
Women who breastfeed have saggy breasts	18.6	62.9	18.6
It is okay for women to breastfeed if there are men in the room	34.8	47.8	17.4
It is okay for women to breastfeed if other women are in the room	64.3	32.9	2.9
I would encourage my friends to breastfeed	70.4	25.4	4.2



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #89 (N=80)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	6.3	White	17.5	Less than high school diploma	17.5
18-24	46.8	African American	6.3	High school diploma/GED	30.0
25-29	25.3	Hispanic	73.8	Vocational/technical school graduate	8.8
30-34	17.7	Other	2.5	Some college	38.8
35-39	2.5			College degree (BA, AA)	3.8
40+	1.3			Beyond college/Graduate school	1.3

BREASTFEEDING DURATION

Duration	%
Never	27.0
Less than 1 week	9.5
1-2 weeks	5.4
3-4 weeks	10.8
1-3 months	20.3
4-6 months	4.1
7-11 months	1.4
12 months or more	1.4
Still breastfeeding	20.3

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	5.7
Soy milk	6.5
Formula	57.8
Juice	8.1
Tea	6.3
Sugar water	3.1
Cereal	28.9
Other foods	20.0

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 2.4%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 11.9%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	89.6
Your baby stayed in the same room as you	85.7
You breastfed your baby in the hospital	74.0
You breastfed your baby in the first hour after your baby was born	42.9
The hospital staff helped you learn how to breastfeed	64.9
Your baby had only breast milk at the hospital	23.4
The hospital staff told you to breastfeed whenever your baby wanted	64.9
The hospital staff gave you a gift pack that included formula	85.7
The hospital staff gave you a telephone number to call for help when breastfeeding	73.7
Your baby used a pacifier in the hospital	71.4
Your baby got sugar water (glucose water)	12.2

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	25.0
Had to go back to work or school	47.1
My husband/partner did not want me to	18.8
I was sick or taking medication	18.8
I could not drink alcohol	6.3
I could not smoke cigarettes	6.3
I did not think my baby would get enough milk	11.1
My friends did not want me to	0.0
My family did not want me to	0.0
No one could answer my questions about breastfeeding	6.3
My baby was too sick	0.0
I was not producing enough milk	25.0
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	12.5
I had too many other things to do	17.6

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	8.3
Going back to work or school	42.1
My husband/partner wanted me to stop	2.8
I got sick or started taking medication	21.6
I could not drink alcohol	0.0
I could not smoke cigarettes	2.8
I did not think my baby was getting enough milk	56.4
My friends wanted me to stop	0.0
My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0
My baby got sick	2.8
I was not producing enough milk	36.8
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	5.4
I had too many other things to do	8.1

I did not want to breastfeed	72.2
People told me it was really hard	12.5
I did not think I would be able to	22.2

I breastfed long enough for my baby to get the benefits	23.7
I was afraid my baby would bite or hurt me	10.8
Breastfeeding was tiring for me	18.9
Breastfeeding gave me sore nipples/breasts	22.2
Breastfeeding made me feel sad or unhappy	2.9
I could not tell how much my baby ate	44.7
I felt embarrassed breastfeeding in front of others	5.7
Breastfeeding was strange once my baby got older	2.9
My husband/partner wanted to feed the baby	8.3
My baby wanted to breastfeed all the time	8.6
I wanted/needed someone else to feed the baby	16.7
I got pregnant again	2.8
Baby wasn't gaining enough weight	2.8

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	64.1	Mother	38.8
Sister(s)	42.3	Sister	16.3
Husband/partner	70.1	Husband/partner	62.5
Doctor	84.4	Doctor	45.6
Baby's doctor (pediatrician)	75.9	Baby's doctor (pediatrician)	54.4
Grandmother	40.0	Grandmother	26.9
Nurse	72.4	Nurse	39.2
Midwife	12.3	Midwife	7.8
Friend(s)	60.5	Friend	29.5
Another female relative	56.0	Another female relative	25.6
WIC counselor or staff	96.3	WIC counselor or staff	53.2
Non-WIC lactation consultant (specialist)	40.0		
La Leche League counselor	13.9		
Anyone with church (reverend, pastor, priest, rabbi)	10.7		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	89.9	1.3	8.9
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	72.7	2.6	24.7
Infants who are breastfed or receive pumped breast milk do not get sick as often	76.9	2.6	20.5
Breastfeeding has benefits for mothers	88.6	2.5	8.9
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	61.5	5.1	33.3

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	51.9	2.5	45.6
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	68.0	24.0	8.0
In the long run, formula fed babies are just as healthy as breastfed babies	59.2	21.1	19.7
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	79.5	12.8	7.7
It is okay for women to breastfeed in public places like restaurants, parks, etc.	69.6	20.3	10.1
Breastfeeding allows you to control your time more than formula feeding	46.2	30.8	23.1
People in your community think it is important for women to breastfeed	51.3	47.4	1.3
Your family thinks mothers should breastfeed	62.8	30.8	6.4
Newly developed formulas are just as good for infants as breast milk	49.4	31.6	19.0
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	62.0	13.9	24.1
Women who breastfeed have saggy breasts	31.6	35.4	32.9
It is okay for women to breastfeed if there are men in the room	43.0	32.9	24.1
It is okay for women to breastfeed if other women are in the room	78.5	16.5	5.1
I would encourage my friends to breastfeed	77.2	21.5	1.3



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #94 (N=66)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	4.7	White	15.2	Less than high school diploma	25.0
18-24	45.3	African American	3.0	High school diploma/GED	48.4
25-29	28.1	Hispanic	80.3	Vocational/technical school graduate	4.7
30-34	10.9	Other	1.5	Some college	17.2
35-39	7.8			College degree (BA, AA)	4.7
40+	3.1			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	41.5
Less than 1 week	10.8
1-2 weeks	4.6
3-4 weeks	7.7
1-3 months	16.9
4-6 months	9.2
7-11 months	1.5
12 months or more	3.1
Still breastfeeding	4.6

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	0.0
Soy milk	3.2
Formula	45.5
Juice	10.3
Tea	6.9
Sugar water	13.8
Cereal	35.5
Other foods	24.0

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 0.0%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 22.9%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

Experience	%
The hospital staff gave you information about breastfeeding	88.5
Your baby stayed in the same room as you	85.2
You breastfed your baby in the hospital	58.1
You breastfed your baby in the first hour after your baby was born	40.3
The hospital staff helped you learn how to breastfeed	58.1
Your baby had only breast milk at the hospital	27.4
The hospital staff told you to breastfeed whenever your baby wanted	54.1
The hospital staff gave you a gift pack that included formula	83.3
The hospital staff gave you a telephone number to call for help when breastfeeding	54.2
Your baby used a pacifier in the hospital	68.9
Your baby got sugar water (glucose water)	18.2

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	16.7	Baby seemed ready to stop	28.1
Had to go back to work or school	34.8	Going back to work or school	37.1
My husband/partner did not want me to	8.7	My husband/partner wanted me to stop	2.9
I was sick or taking medication	13.0	I got sick or started taking medication	8.8
I could not drink alcohol	0.0	I could not drink alcohol	0.0
I could not smoke cigarettes	4.5	I could not smoke cigarettes	0.0
I did not think my baby would get enough milk	22.7	I did not think my baby was getting enough milk	51.5
My friends did not want me to	4.5	My friends wanted me to stop	0.0
My family did not want me to	4.5	My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	2.9
My baby was too sick	4.5	My baby got sick	2.9
I was not producing enough milk	30.4	I was not producing enough milk	44.1
I did not have a private place to breastfeed	0.0	I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	4.5	I wanted to go on a diet to lose weight	2.9
I had too many other things to do	4.5	I had too many other things to do	14.7
I did not want to breastfeed	65.2	I breastfed long enough for my baby to get the benefits	24.2
People told me it was really hard	14.3	I was afraid my baby would bite or hurt me	2.9
I did not think I would be able to	17.4	Breastfeeding was tiring for me	15.2
		Breastfeeding gave me sore nipples/breasts	24.2
		Breastfeeding made me feel sad or unhappy	0.0
		I could not tell how much my baby ate	36.4
		I felt embarrassed breastfeeding in front of others	11.8
		Breastfeeding was strange once my baby got older	2.9
		My husband/partner wanted to feed the baby	12.1
		My baby wanted to breastfeed all the time	14.7
		I wanted/needed someone else to feed the baby	12.1
		I got pregnant again	3.0
		Baby wasn't gaining enough weight	2.9

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	69.2	Mother	41.3
Sister(s)	31.3	Sister	15.9
Husband/partner	48.4	Husband/partner	40.6
Doctor	61.9	Doctor	46.0
Baby's doctor (pediatrician)	65.1	Baby's doctor (pediatrician)	52.4
Grandmother	28.6	Grandmother	12.7
Nurse	60.9	Nurse	37.1
Midwife	8.1	Midwife	4.8
Friend(s)	54.0	Friend	23.8
Another female relative	48.4	Another female relative	17.5
WIC counselor or staff	92.1	WIC counselor or staff	53.1
Non-WIC lactation consultant (specialist)	41.3		
La Leche League counselor	11.1		
Anyone with church (reverend, pastor, priest, rabbi)	14.3		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	87.7	1.5	10.8
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	66.2	10.8	23.1
Infants who are breastfed or receive pumped breast milk do not get sick as often	81.5	4.6	13.8
Breastfeeding has benefits for mothers	72.3	3.1	24.6
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	58.5	7.7	33.8

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	43.1	3.1	53.8
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	62.9	32.3	4.8
In the long run, formula fed babies are just as healthy as breastfed babies	57.1	20.6	22.2
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	83.6	13.1	3.3
It is okay for women to breastfeed in public places like restaurants, parks, etc.	63.5	19.0	17.5
Breastfeeding allows you to control your time more than formula feeding	50.0	29.7	20.3
People in your community think it is important for women to breastfeed	54.0	39.7	6.3
Your family thinks mothers should breastfeed	60.7	32.8	6.6
Newly developed formulas are just as good for infants as breast milk	46.0	34.9	19.0
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	54.0	15.9	30.2
Women who breastfeed have saggy breasts	23.4	42.2	34.4
It is okay for women to breastfeed if there are men in the room	45.3	29.7	25.0
It is okay for women to breastfeed if other women are in the room	78.1	20.3	1.6
I would encourage my friends to breastfeed	76.6	23.4	0.0



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #100 (N=32)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	16.1	White	21.9	Less than high school diploma	29.0
18-24	64.5	African American	15.6	High school diploma/GED	51.6
25-29	9.7	Hispanic	56.3	Vocational/technical school graduate	6.5
30-34	3.2	Other	6.3	Some college	12.9
35-39	3.2			College degree (BA, AA)	0.0
40+	3.2			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	30.0
Less than 1 week	6.7
1-2 weeks	6.7
3-4 weeks	3.3
1-3 months	16.7
4-6 months	13.3
7-11 months	6.7
12 months or more	3.3
Still breastfeeding	13.3

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	5.3
Soy milk	0.0
Formula	68.4
Juice	31.6
Tea	12.5
Sugar water	6.7
Cereal	23.8
Other foods	18.8

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 0.0%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 11.1%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCE

	Experience	%
The hospital staff gave you information about breastfeeding		82.8
Your baby stayed in the same room as you		79.3
You breastfed your baby in the hospital		70.0
You breastfed your baby in the first hour after your baby was born		58.6
The hospital staff helped you learn how to breastfeed		55.2
Your baby had only breast milk at the hospital		32.1
The hospital staff told you to breastfeed whenever your baby wanted		48.3
The hospital staff gave you a gift pack that included formula		79.3
The hospital staff gave you a telephone number to call for help when breastfeeding		69.0
Your baby used a pacifier in the hospital		51.7
Your baby got sugar water (glucose water)		24.1

REASONS FOR NEVER BREASTFEEDING

REASONS FOR DISCONTINUING BREASTFEEDING

Reason	%	Reason	%
Baby did not want to	0.0	Baby seemed ready to stop	16.7
Had to go back to work or school	33.3	Going back to work or school	33.3
My husband/partner did not want me to	16.7	My husband/partner wanted me to stop	5.9
I was sick or taking medication	0.0	I got sick or started taking medication	16.7
I could not drink alcohol	16.7	I could not drink alcohol	11.1
I could not smoke cigarettes	16.7	I could not smoke cigarettes	5.6
I did not think my baby would get enough milk	16.7	I did not think my baby was getting enough milk	50.0
My friends did not want me to	0.0	My friends wanted me to stop	5.9
My family did not want me to	0.0	My family wanted me to stop	0.0
No one could answer my questions about breastfeeding	0.0	No one could answer my questions about breastfeeding	0.0
My baby was too sick	0.0	My baby got sick	11.8
I was not producing enough milk	16.7	I was not producing enough milk	44.4
I did not have a private place to breastfeed	16.7	I did not have a private place to breastfeed	5.9
I wanted to go on a diet to lose weight	33.3	I wanted to go on a diet to lose weight	11.1
I had too many other things to do	42.9	I had too many other things to do	17.6
I did not want to breastfeed	71.4	I breastfed long enough for my baby to get the benefits	35.3
People told me it was really hard	33.3	I was afraid my baby would bite or hurt me	33.3
I did not think I would be able to	33.3	Breastfeeding was tiring for me	27.8
		Breastfeeding gave me sore nipples/breasts	38.9
		Breastfeeding made me feel sad or unhappy	0.0
		I could not tell how much my baby ate	33.3
		I felt embarrassed breastfeeding in front of others	11.1
		Breastfeeding was strange once my baby got older	16.7
		My husband/partner wanted to feed the baby	5.6
		My baby wanted to breastfeed all the time	5.9
		I wanted/needed someone else to feed the baby	5.9
		I got pregnant again	11.8
		Baby wasn't gaining enough weight	0.0

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	64.5	Mother	46.7
Sister(s)	38.7	Sister	16.7
Husband/partner	40.6	Husband/partner	32.3
Doctor	74.2	Doctor	36.7
Baby's doctor (pediatrician)	67.7	Baby's doctor (pediatrician)	43.3
Grandmother	45.2	Grandmother	10.0
Nurse	51.6	Nurse	30.0
Midwife	16.1	Midwife	3.3
Friend(s)	32.3	Friend	16.7
Another female relative	51.6	Another female relative	16.7
WIC counselor or staff	80.6	WIC counselor or staff	43.3
Non-WIC lactation consultant (specialist)	45.2		
La Leche League counselor	16.1		
Anyone with church (reverend, pastor, priest, rabbi)	19.4		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	77.8	7.4	14.8
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	65.4	15.4	19.2
Infants who are breastfed or receive pumped breast milk do not get sick as often	69.2	3.8	26.9
Breastfeeding has benefits for mothers	69.2	3.8	26.9
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	42.3	3.8	53.8

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	38.5	7.7	53.8
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	60.0	32.0	8.0
In the long run, formula fed babies are just as healthy as breastfed babies	30.8	42.3	26.9
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	60.0	28.0	12.0
It is okay for women to breastfeed in public places like restaurants, parks, etc.	53.8	34.6	11.5
Breastfeeding allows you to control your time more than formula feeding	41.7	45.8	12.5
People in your community think it is important for women to breastfeed	37.0	63.0	0.0
Your family thinks mothers should breastfeed	48.2	25.9	25.9
Newly developed formulas are just as good for infants as breast milk	44.4	33.3	22.2
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	51.9	29.6	18.5
Women who breastfeed have saggy breasts	38.5	53.8	7.7
It is okay for women to breastfeed if there are men in the room	29.6	44.4	25.9
It is okay for women to breastfeed if other women are in the room	51.9	29.6	18.5
I would encourage my friends to breastfeed	63.0	29.6	7.4



FINDINGS FROM THE 2007 INFANT FEEDING SURVEY LOCAL AGENCY #108 (N=87)



RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%
<18	5.3	White	24.1	Less than high school diploma	40.0
18-24	42.1	African American	21.8	High school diploma/GED	29.4
25-29	26.3	Hispanic	51.7	Vocational/technical school graduate	3.5
30-34	11.8	Other	2.3	Some college	22.4
35-39	10.5			College degree (BA, AA)	4.7
40+	3.9			Beyond college/Graduate school	0.0

BREASTFEEDING DURATION

Duration	%
Never	27.7
Less than 1 week	4.8
1-2 weeks	3.6
3-4 weeks	12.0
1-3 months	14.5
4-6 months	7.2
7-11 months	6.0
12 months or more	8.4
Still breastfeeding	15.7

INTRODUCTION OF COMPLEMENTARY FOODS

Foods	% Before 4 to 6 Months
Cow's milk	0.0
Soy milk	13.5
Formula	61.5
Juice	13.6
Tea	12.2
Sugar water	5.4
Cereal	12.2
Other foods	4.8

Note: The complementary food items listed above are mutually exclusive.

EXCLUSIVE BREASTFEEDING

FOR MORE THAN 6 MONTHS

Breastfed exclusively for at least 7 months 10.6%

FOR MORE THAN 3 MONTHS

Breastfed exclusively for at least 4 months 19.1%

Note: Exclusive breastfeeding is shown for two time intervals to address several policy perspectives. Current AAP recommendations encourage exclusive breastfeeding for 6 months. The most recent Healthy People 2010 objectives include a goal of exclusive breastfeeding for 3 months.

HOSPITAL INFANT FEEDING EXPERIENCES

	Experience	%
	The hospital staff gave you information about breastfeeding	85.4
	Your baby stayed in the same room as you	82.7
	You breastfed your baby in the hospital	71.8
	You breastfed your baby in the first hour after your baby was born	53.0
	The hospital staff helped you learn how to breastfeed	58.0
	Your baby had only breast milk at the hospital	37.3
	The hospital staff told you to breastfeed whenever your baby wanted	56.1
	The hospital staff gave you a gift pack that included formula	83.1
	The hospital staff gave you a telephone number to call for help when breastfeeding	70.0
	Your baby used a pacifier in the hospital	36.5
	Your baby got sugar water (glucose water)	9.9

REASONS FOR NEVER BREASTFEEDING

Reason %

Baby did not want to	21.1
Had to go back to work or school	47.4
My husband/partner did not want me to	18.8
I was sick or taking medication	35.3
I could not drink alcohol	0.0
I could not smoke cigarettes	17.6
I did not think my baby would get enough milk	11.8
My friends did not want me to	0.0
My family did not want me to	6.3
No one could answer my questions about breastfeeding	5.9
My baby was too sick	0.0
I was not producing enough milk	0.0
I did not have a private place to breastfeed	5.9
I wanted to go on a diet to lose weight	0.0
I had too many other things to do	18.8

REASONS FOR DISCONTINUING BREASTFEEDING

Reason %

Baby seemed ready to stop	29.4
Going back to work or school	31.4
My husband/partner wanted me to stop	0.0
I got sick or started taking medication	19.4
I could not drink alcohol	0.0
I could not smoke cigarettes	0.0
I did not think my baby was getting enough milk	48.6
My friends wanted me to stop	0.0
My family wanted me to stop	3.0
No one could answer my questions about breastfeeding	0.0
My baby got sick	12.1
I was not producing enough milk	39.5
I did not have a private place to breastfeed	0.0
I wanted to go on a diet to lose weight	8.8
I had too many other things to do	12.1

I did not want to breastfeed	63.2
People told me it was really hard	17.6
I did not think I would be able to	17.6

I breastfed long enough for my baby to get the benefits	41.7
I was afraid my baby would bite or hurt me	5.9
Breastfeeding was tiring for me	14.7
Breastfeeding gave me sore nipples/breasts	29.7
Breastfeeding made me feel sad or unhappy	9.4
I could not tell how much my baby ate	36.4
I felt embarrassed breastfeeding in front of others	9.1
Breastfeeding was strange once my baby got older	8.8
My husband/partner wanted to feed the baby	14.7
My baby wanted to breastfeed all the time	17.1
I wanted/needed someone else to feed the baby	8.8
I got pregnant again	9.1
Baby wasn't gaining enough weight	11.8

Note: The reasons above the grey line are similar for both "never breastfed" and "stopped breastfeeding." Below the grey line, the reasons are not similar.

PEOPLE WHO ENCOURAGED BREASTFEEDING

PEOPLE WHO HELPED DECIDE INFANT FEEDING METHOD

Person	%	Person	%
Mother	67.5	Mother	39.7
Sister(s)	44.2	Sister	18.7
Husband/partner	69.2	Husband/partner	62.3
Doctor	66.3	Doctor	48.7
Baby's doctor (pediatrician)	68.4	Baby's doctor (pediatrician)	56.8
Grandmother	33.3	Grandmother	20.0
Nurse	65.3	Nurse	43.8
Midwife	11.4	Midwife	8.0
Friend(s)	63.2	Friend	28.6
Another female relative	56.2	Another female relative	24.3
WIC counselor or staff	94.0	WIC counselor or staff	62.2
Non-WIC lactation consultant (specialist)	50.0		
La Leche League counselor	14.3		
Anyone with church (reverend, pastor, priest, rabbi)	13.7		

BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% DK
Breast milk is healthier than formula for infants	94.3	2.3	3.4
Infants who are fed breast milk have less stomach upset (problems) than infants who are fed formula	80.5	3.4	16.1
Infants who are breastfed or receive pumped breast milk do not get sick as often	85.2	2.3	12.5
Breastfeeding has benefits for mothers	80.5	1.1	18.4
Breastfeeding benefits children even after they stop nursing (for example, higher IQ, better health)	75.9	1.1	23.0

KNOWLEDGE/AWARENESS

In Texas, there is a law that gives women the right to breastfeed their babies in public	50.0	1.2	48.8
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ATTITUDES TOWARDS BREASTFEEDING

Statement	% Agree	% No Opinion	% Disagree
The benefits of breastfeeding outweigh any difficulties/inconveniences that mothers may encounter	60.7	32.1	7.1
In the long run, formula fed babies are just as healthy as breastfed babies	50.0	22.5	27.5
I would be comfortable (not embarrassed) if I saw a woman breastfeeding	84.5	8.3	7.1
It is okay for women to breastfeed in public places like restaurants, parks, etc.	67.5	19.3	13.3
Breastfeeding allows you to control your time more than formula feeding	56.6	24.1	19.3
People in your community think it is important for women to breastfeed	63.5	29.4	7.1
Your family thinks mothers should breastfeed	69.5	24.4	6.1
Newly developed formulas are just as good for infants as breast milk	41.5	28.0	30.5
Mothers who breastfeed are closer (more bonded) to their infants than mothers who use formula	65.4	23.5	11.1
Women who breastfeed have saggy breasts	32.1	38.3	29.6
It is okay for women to breastfeed if there are men in the room	41.3	27.5	31.1
It is okay for women to breastfeed if other women are in the room	72.8	18.5	8.6
I would encourage my friends to breastfeed	79.5	16.9	3.6

